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Company making furniture out of Cecil Hotel remnants
metroNEWS

HISTORY RECLAIMED

Kelly Kask is the owner of Calgary-based shop Reclaimed Canada. JENNIFER FRIESEN/FOR METRO

Mother fights to reinstate son

SPECIAL NEEDS

Centre cuts service to boy after texts with mom go south



A Calgary mother is appealing the suspension of her special-needs son from Pacekids Programs, after a feeding tube accident there and what she feels was a miscommunication with a staff member.

Pacekids Programs is a licensed non-profit that provides adaptive education to children with special needs.

Jona Delos Angeles said since her son John, age three, started in the program in September, his aunt had been feeding him, not the staff

members. John has cerebral palsy and is fed through a tube in his stomach.

It was only in January, after a formal complaint and a meeting with the program head, that an aide took over feeding John. However, Delos Angeles said the aide forgot to close a port on the tube, and gastric liquid began leaking under John's wheelchair.

When the aide dropped John off that day, Delos Angeles followed up with a text message to the aide, which

she's new. Then all of my text messages, she forwarded to her director."

Delos Angeles then mentioned she had lodged a complaint against Pacekids in December, which she feels the aide misinterpreted as a threat against her work that day.

Shortly after, Delos Angeles received a letter stating her son's services had been discontinued, due to harassment. She is appealing the decision, feeling it's unfair, and her son did nothing wrong.

"I have to fight for him. Right now, what can we do for him here at home? Nothing. How can I help him?" said Delos Angeles. "He has the right to go to school."

Pacekids told Metro they are unable to speak to details about children and families but said every decision they make is guided by the safety, well-being and interests of children they serve.

"I have to fight for him."

Jona Delos Angeles

she showed to Metro.

"I wanted to explain, it's not your fault, it happens," said Delos Angeles. "I like her,

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Citizens cross 2 Street SW on Wednesday afternoon. A 100-page pedestrian strategy went before the standing policy committee meeting on transportation Wednesday, and was met with a three-page list of questions to be answered by April. JENNIFER FRIESEN/FOR METRO

Pedestrian plan deferred

STEP FORWARD

Committee votes to yield strategy to get more answers



Helen Pike
Metro | Calgary

Calgary's pedestrian strategy is going to have to take another lap after committee members voted to refer the report back to a meeting in April.

The 100-page document with 50 recommendations titled Step Forward went before the standing policy committee meeting on transportation Wednesday

where it was met with some praise, some pushback and a laundry list of questions.

Transportation boss Mac Lagan opted to address the concerns and incorporate them into an updated report that administration will present again in April.

"We're putting the referral in with a list of items that have been addressed today," said Coun. Shane Keating. "Council and committee will have a choice about whether they want to implement those changes ... as we go forward."

It's a report that was long-awaited by local activist groups like SlowDownYYC and other communities eagerly anticipating pilots to lower speed limits in their neighbourhoods.

Coun. Brian Pincott was in favour of moving the report forward as quickly as possible, but did ask some pointed questions about its contents.

"If we're talking about a pedestrian strategy, how does this then work with complete streets, because complete streets is about trying to accommodate more pedestrians and more cyclists within an auto environment," said Pincott. "A real pedestrian strategy, a real complete streets strategy, is about finding out how that environment works for everybody — this, again, feels like a report about making an auto environment safer."

Katherine Hiscocks considers herself a pedestrian 50 per cent of the time, but isn't so sure the

city's Step Forward plan, especially introducing a 40-km/h speed limit in residential areas, will help curb car culture.

"If they can't manage it at 50 how are they going to manage it at 40?" she said. "I think people are still going to speed, regardless of the posting.... How can you balance the cost of lowering it and then managing it as well?"

Among the concerns administration has to look over are issues between blanket mandating 40 km/h citywide, or piloting the idea in several neighbourhoods (something Edmonton has done already), the placement of mid-block crossings, and how to decide the allocation of Rectangular Rapid Flashing Beacons.

Calgarians react to lowering speed limit



“ I think the change would have a really good impact and could work well for the smaller streets.
Kenneth Ip

“ In a lot of suburban places it's kind of risky crossing the streets because you're never sure if the cars are going to stop or not.
Devin Kelly



“ There were kids playing street hockey and one car ahead of me was speeding through. It's very dangerous for the children.
Tabby Khumalo

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EDUCATION

University offers Syrians bursaries



Helen Pike
Metro | Calgary

Giving Syrian refugees a fair start, the University of Calgary has stepped up with a helping hand.

On Wednesday the university launched a number of supports for the Calgary refugee community including 33 bursaries, and 33 spots for English-language training.

"The University of Calgary has a long-established history of welcoming people from all over the world, and I am very pleased that we are adding this important outreach program to ensure that Syrian refugees have the best opportunity to thrive in our community," wrote president Elizabeth Cannon in a statement Wednesday.

"With all the wonderful efforts being made across our city, and throughout the country, to

house, clothe and feed refugees when they arrive, we are happy to open our doors and remove economic barriers to ensure Syrian students can move forward with their education."

The bursaries are being offered to eligible refugees at \$6,000 a pop, and are being established through a community fund of up to \$100,000 the university has promised to match. English classes will also be available for free through their continu-

ing education program for 60 students.

John Alho, associate vice-president of government and community engagement at the University of Calgary, noted that 2,000 Syrian refugees will be arriving in Calgary.

"We thought, 'What can we do?'" he said.

To learn more about what the university is doing for refugees you can visit ucalgary.ca/community/support_syrian_refugees.



A mom wants Minister David Eggen to lay out consequences to the Edmonton Catholic board. KEVIN TUONG/METRO FILE

Resolve, don't dissolve: Mom

HUMAN RIGHTS

Mother calls for dialogue as city's Catholic board on line



Sanam Islam
Metro | Edmonton

The mother of a transgender child attending an Edmonton Catholic school says she's strongly opposed to dissolving the school board — despite its recent actions.

"I don't think it's the right option. Dissolving the school board will do nothing but harm the kids," said the mother, who Metro will not identify to protect her eight-year-old transgender daughter's identity.

Her comments came after Minister of Education David Eggen said Tuesday he was considering dissolving the Edmonton Catholic School Board because of its recent dysfunction.

Last Friday, the board — without the presence of its chair — sent out a controversial letter to parents by Calgary Bishop Fred Henry condemning the province's guidelines on creating LGBTQ policies.

"At least right now there are two board members speaking on behalf of the minority that needs a voice," the mother said, referring to chair Marilyn Bergstra and trustee Patricia Grell.

"If the board is dissolved, you're either going to a by-election that will put in even more right-wing Catholics as trustees, or you're going to have the superintendent appointed to act as a representative for the next year and a half," she said.

That would be a problem, she said, as she said it was superintendent Joan Carr who was the first to say that her child would not be allowed to use a female washroom.

The mother said rather than dissolving the ECSB, she wants Eggen to make it clear to all school boards what the consequences are if they don't follow the LGBTQ guidelines.

Based on recent statements made by the Alberta Catholic Schools Trustees' Association, Catholic school boards and Catholic bishops in Alberta that support religious authority over the provincial guidelines, she said she's certain that will happen.

"If there are no consequences, then what's the point of the provincial guidelines?" the mother said.

“At least right now there are two board members speaking on behalf of the minority that needs a voice.

Mother of transgender child

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MARLBOROUGH

Air noise meeting frustrates

Marlborough residents were angry about the format of a public meeting with airport and transportation officials Wednesday night.

Several hundred came out to meet with officials from the Calgary Airport Authority and Nav Canada regarding air traffic noise concerns.

Carolyn Hewitt, a resident of Marlborough, said she can't have a conversation while airplanes are taking off.

"They're so close you can read which airline is flying over your house," she said.

While residents were hoping to see people on a stage, addressing questions from the audience, instead officials stood beside displays, and answered questions one-on-one.

When airport authority communications director Jody Moseley explained the format to the crowd, there were angry shouts from the audience.

"What are you scared of?" shouted one person.

Steve Hurley, president of the Marlborough Community Association, said the format was not what his group wanted.

"We actually proposed a question-and-answer format, and they declined," he said.

"I think it's important the community as a whole hear the questions at hand, just so there's no duplications. It could turn into a much more productive question and answer period if that was the format."

Residents crowded around the available representatives to ask questions. Nobody with the airport authority or Nav Canada could be reached for a comment.

Coun. Andre Chabot calmed the audience half an hour into the meeting when he told the crowd he would submit a request for a formal presentation.

BRODIE THOMAS/METRO



Bob Everett is feeling the pinch of the downturn at Beat It Drums, his boutique shop on 17th Avenue S.W. BRODIE THOMAS/METRO

Smaller business beats the drum for tax breaks

RELIEF

Tap into the fiscal stability fund to help, asks councillor



Brodie Thomas
Metro | Calgary

Coun. Evan Woolley wants the city to give small and medium-sized businesses a break on their taxes this year and next.

In a notice of motion, the Ward 8 councillor is proposing

the city tap into the its fiscal stability reserve to the tune of \$60 million over two years.

That would be about 20 per cent of the fiscal stability fund, although the fund does generally grow each year.

"We have this rainy-day fund — and it's raining," said Woolley. "Businesses out there are struggling. It's incumbent on us when times are tough to support to our business community."

He noted business taxes pay for over 60 per cent of the city's operating budget.

Bob Everett, owner and operator of Beat It Drums on 17th



We have this rainy-day fund — and it's raining.

Ward 8 Coun. Evan Woolley

Avenue S.W., said a tax break for small businesses couldn't come at a better time.

"It's such an iffy market out there now; you don't know if people don't have the money or they're scared to spend it," he said.

Everett pays the city a business tax, while his landlord pays a property tax, but he notes his rent money also goes to pay the property tax bill.

A shop his size would save

about \$900 in the tax rebate.

"It's another percentage or two that would help," said Everett.

The Calgary chamber of commerce is getting behind the idea as well.

"Providing financial relief to struggling businesses is exactly what is needed right now, as many have seen revenues drop right off in the midst of this economic downturn," said chamber of commerce

president and CEO Adam Legge in a release.

"While temporary, this tax relief will put thousands back into local businesses immediately so they can help keep people employed and ensure our streets are vibrant."

According to Woolley, the proposal would help about 25,000 small and medium size business across Calgary. The average business would see \$2,400 in savings, while some medium size businesses could get a rebate of up to \$14,000.

The matter will be debated on Monday at the regular meeting of city council.

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— Margo Desmarais, FPBA, Finance Team Lead, University of Alberta



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INFRASTRUCTURE

Transitway gets a lukewarm reception



Brodie Thomas
Metro | Calgary

Many community associations in areas adjacent to the city's proposed southwest transitway are still on the fence about the project.

Metro reached out to community associations along the route south of Glenmore Trail asking for their thoughts on the project.

Of the communities we spoke with, only Haysboro expressed full support for the project.

"We have been kept informed from Day 1 through Brian Pincott and his team since 2009 and 2010 with more detail," said Haysboro Community Association president Maxine Morrison in an email.

She said she was pleasantly surprised when she learned

that there would be little to no extra land taken to make the expansion lanes.

Morrison said her association is advocating for three pedestrian walkways across 14 Street SW — one at each of the major intersections along the route.

"The pedestrian walkways are not cheap and cost is the only reason why they wouldn't be in the project," she said.

Sean Hayes, president of the Palliser-Bayview-Pump Hill Community Association, is taking a wait-and-see approach.

He said his association is waiting for a presentation from the city in the spring, which will have more concrete information.

"We have had community members contact us with questions and issues on the project," he said. "Some of the issues we can't provide information until the plan is announced."

CRIME

Appeal court upholds local man's conviction

The Alberta Court of Appeal has upheld the conviction of a Calgary man who beat his wife to death.

Gregory Houle was found guilty of manslaughter in 2013 after originally being charged with second-degree murder.

The body of Cherry Ledesma, who was 45, was found in 2011 under a pile of laundry in their home.

Police at the time said they

had been to the home more than 30 times in the year leading up to her death. In his appeal, Houle argued that the trial judge failed to fully consider the evidence and failed to give sufficient reasons for his conviction.

In a ruling released Wednesday, three appeal court judges disagree, saying all the evidence pointed to Houle as the person who killed the victim.

THE CANADIAN PRESS

Kid concussions studied

RESEARCH

Study finds average risk is 1 in 5,000 exposures



Jeremy Simes
For Metro | Calgary

Keegan Gamble just turned 10 when another player delivered a dizzying thrust during a hockey match.

He was checked from behind during the game. His head smacked into the ice — hard.

"The coach ran out onto the ice to check him out," said Gamble's

mom, Aisling. "He realized it could be pretty serious."

It was — Keegan's vision was blurry. He also had a headache, Aisling said.

"We rushed him to the children's hospital right away."

Turns out Keegan received his first major concussion, according to doctors. And he isn't alone — the Alberta Children's Hospital sees more than 1,000 kids and teens per year with concussions, according to the University of Calgary.

In a recent study, the U of C revealed which sports pose the highest risk for youth, determining the likelihood those under

18 will get a concussion in certain sports.

O n

average, the concussion risk for youth is about one concussion per 5,000 athlete exposures (AE), according to Paul Ronksley, the study's senior author.

Athlete exposures include practices and games.

"If you think about the number of kids who play sports for the school system and other leagues, that concussion rate translates to high concussions overall," said Ronksley, who's also an assistant professor in the department of Community Health Sciences at the U of C.

It's not surprising, he said, that rugby (four concussions per 1,000 AE), hockey (one concussion per 1,000 AE) and football (0.5 concussion per

1,000 AE) were at the top for being most risky.

Though those sports are riskier, Ronksley said parents shouldn't pull their kids out of sports based on the numbers. Instead, he said they should weigh the pros and cons of team sports — they also offer physical and mental benefits.

Given Keegan's concussion, Aisling said she doesn't plan to take him out of hockey just yet.

"I do believe hockey teaches (kids) life skills, keeps them active and keeps them out of trouble," she said.

"Those benefits far outweigh the scale of that one concussion. But if it were three or four down the road, the risks would outweigh the benefits."



Hockey brothers Joshua and Keegan Gamble. Keegan received a major concussion last year.
JENNIFER FRIESEN/FOR METRO

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Crown calls for new trial

INFANTICIDE

Defence used by Calgary woman is outdated: Prosecutors

Alberta Crown prosecutors argue the charge of infanticide is "outdated and rife with problems" and have asked Canada's top court to order a new trial for a woman convicted of the crime after tossing three of her newborns into the garbage.

Meredith Borowiec of Calgary was originally charged with two counts of second-degree murder for the deaths of two of her children in 2008 and 2009.

A third infant born in 2010 survived when the baby's father, not knowing it was his child, helped pull the newborn out of a neighbourhood trash bin after a passerby heard cries.

The trial judge ruled Borowiec was suffering from a mental disturbance at the time and found her guilty of the lesser crime of infanticide, along with aggravated assault.

Borowiec was sentenced to an additional 18 months in jail



A courtroom sketch of **Meredith Borowiec**. She was charged with second-degree murder for the 2008 and 2009 deaths of two of her children. METRO FILE

two years ago on top of the 18 months she had already spent in custody. She was also given three years of probation.

Alberta's Court of Appeal upheld the infanticide ver-

dicts, but it was a split decision, meaning the matter automatically moved to the Supreme Court.

In a submission to the seven-member panel, prosecutor Julie

Morgan said there is no clear guidance as to what constitutes a "disturbed mind."

"The defence of infanticide is vague, outdated and rife with problems," she writes in her

submission. "The infanticide provision requires a purposive and pro-social interpretation that would prevent this defence from being applied across the board to all mothers who kill their newborn children while only mildly disturbed."

Borowiec's lawyer, Andrea Serink, countered infanticide is part of the human condition.

"The dissenting justice and the appellants raise a flood-gates argument that mothers suffering the 'baby blues' will kill their offspring days or weeks or months after birth, then escape murder convictions," she said in her submission.

The top court also heard submissions from the Criminal Lawyers' Association of Ontario and the Women's Legal Education & Action Fund who argued against the appeal.

In interviews with police, Borowiec admitted she heard the babies cry before she put them in bags and dropped them into garbage bins.

Borowiec gave birth to a fourth baby while in police custody in July 2012. The child was taken from her.

THE CANADIAN PRESS

IN BRIEF

Driver who killed cyclist in hit and run sentenced to 15 months in jail

A southern Alberta man has been sentenced to 15 months in jail for a hit and run that resulted in the death of a cyclist.

Edward James Mikla, who is 31, heard his fate in a Lethbridge court after pleading guilty last summer to leaving the scene of an accident.

Lorne Miller was 45 when he was struck by a truck while riding his bicycle home in January 2014. He suffered serious head injuries and died in hospital a few months later.

Mikla also faces 18 months of probation and a five-year driving ban once he is released from jail.

Miller's father, Keith, said the last two years have been difficult.

"There's no sentence, no matter how great or small, that would bring Lorne back," Miller said Wednesday.

The victim's sister, Candace van Diemen, said the sentencing offers some closure. THE CANADIAN PRESS

Calgary



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The tin ceiling tiles were "frozen in time," according to Kelly Kask, who found them beneath a lowered ceiling. The tiles, along with the old room number tiles, are for sale at Reclaimed Canada's Ramsay warehouse. JENNIFER FRIESEN/FOR METRO

Cecil Hotel remnants are reborn

RECLAIMED CANADA

First piece of furniture made from building's saved lumber



Jennifer Friesen
For Metro

After a century's worth of notoriety in Calgary, the historic Cecil Hotel was demolished last month — but that doesn't mean it's all gone.

On Tuesday night, Kelly Kask, owner of Reclaimed Canada, finished the first piece of furniture made from the Cecil's salvaged lumber.

Before construction crews tore down the hotel, Kask and his team went in to retrieve everything they could — from wood to bathtubs to tin ceiling tiles.

"I wasn't sure how the building was going to look at first," he laughed. "But when we got into the basement, we see these stunning floor joists, and the beams we pulled out of there are just magical."

The slabs of rough saw fir, which were once floor joists, have now been transformed into a kitchen table. It will stand as a sample for now, and with plenty of Cecil lumber left in the yard, Kask said people can bring in their own dimensions and specifications and his team can build custom orders.

"It's neat that it took energy to make this years ago," he said. "It lived its life as a piece of architecture and now it will be a piece of furniture in someone's home, which is even better."

The Cecil stood on the corner of 4 Avenue and 3 Street SE since 1912, but closed down in 2008 after building a reputation for drugs, prostitution and other crimes. Under the Calgary Municipal Land Corporation, the lot is set to become a high-rise mixed-use development.

"You have to think: If the hotel was built in the early 1900s, how old was that tree before it was harvested for the build?" said Kask.

"It's an incredible thought. And unfortunately, we don't have a lot of these historic hotels left, so this is a part of Calgary."



You have to think: If the hotel was built in the early 1900s, how old was that tree before it was harvested for the build? Kelly Kask

INNOVATION

Cyclist peddles bright idea to Uber



Helen Pike
Metro | Calgary

For some, bike commuting isn't a hot look, but there's a Calgarian trying to change the vicious cycle by grabbing Uber's attention.

Jaswinder Brar is hoping the ridesharing app will pay attention to a bright idea he hopes will get more people

cycling home from work with the help from a driver.

"We want to arrange Uber to provide a service on their mobile app so cyclists can have their bicycles dropped off at their work location along with them at the start of the day," Brar said. "The Uber driver would come by at the end of the day and pick up the person's belongings and take them to their home."

Brar said he used to cycle

quite a bit and thinks many Calgarians may be turned off by turning up to work a sweaty mess — especially if there aren't showers available.

"It would eliminate the trouble people have to go through of carrying their stuff while they're on a bicycle, during their commute," Brar said.

He's trying to reach out to Uber and get them on board, hoping they will consider his

idea as a new app feature. Although he's reached out through social media he hasn't heard back yet.

"Uber is a technology company always looking for innovation but in this case this isn't something we would consider for the near future," said an Uber spokesperson.

"Anyone is more than welcome to submit ideas to us, and that can be done through our contact tab on uber.com."

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City has its own 'poetry bomber'

LITERATURE

Famous works are popping up around Calgary to spread joy



Jeremy Simes
For Metro | Calgary

Poetry allowed Poetrix to find happiness again. Poetrix, who wished to remain anonymous, has been "poetry bombing" Calgary with the likes of William Blake and Edward Hirsch.

She said it's a chance for her to give Calgary a little magic.

"I hope it gives people that moment of surprise and joy that they aren't expecting," she said. "I really like to bring story into the everyday life."

She said she launched her Twitter handle @thepoetrix two years ago. However, her first tweet didn't come out until Jan. 7.

"To be honest, I was struggling with depression," she said. "I've finally gotten healthy again, and this project brings me a lot of happiness. I hope it brings others joy as well." Though she's quite busy being a single mom and working as a librarian, Poetrix said her inner creativity has allowed the poetry bombs to flourish.

"Another favourite poem of mine is by Emily Dickinson — and she doesn't really title hers — but it starts with 'Hope is the thing with feathers,'" she said.

"That poem has a lot of meaning, and when you're in a bad space, finding something like that in an unexpected place can lift you up. "And I think everyone needs that, so I decided to put it out there."

She said she tries to choose the best poems that represent the space they'll be placed in. For example, she posted William Blake's *The Tyger* onto the tiger exhibit at the zoo, and pasted Edward Hirsch's *Branch Library* at the Memorial Park Library.

I hope it gives people that moment of surprise and joy that they aren't expecting.

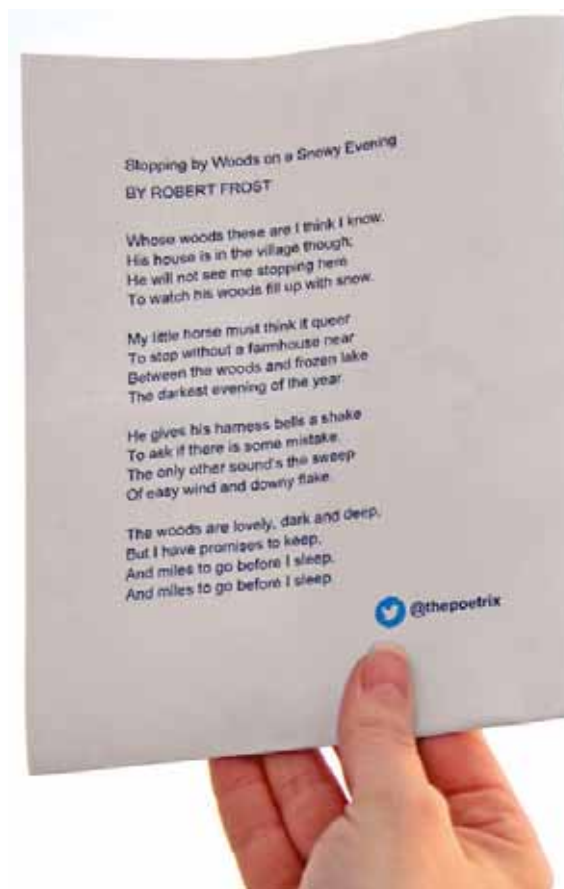
The anonymous 'Poetrix'

Each poem is free from the public domain and retrieved online at the poetryfoundation.org.

"I hope to get permission from some other poets to use their work," she said. Poetrix said she doesn't exactly know where her next poems will be placed — they're posted haphazardly, she said.

But keep your eyes peeled for a William Carlos Williams piece in a grocery store, and a snow poem she plans to write in one of the city's parks.

"I'll also be working with things like sidewalk chalk, snow markers and window markers."



'Poetrix' holds up a work from famous poet Robert Frost called *Stopping By Woods on a Snowy Evening*. CONTRIBUTED

IN BRIEF

Hoffman hoping for boost in indigenous health care

Health Minister Sarah Hoffman said the federal government shouldn't be surprised if she — and the country's other health ministers — ask for more funding for indigenous health.

Last week, Hoffman said the health gap between non-indigenous and indigenous Albertans is "something that we are all ashamed of," noting the life expectancy of indigenous Albertans is 10 years shorter than that of other Albertans. The ministers met on Wednesday in Vancouver to highlight health issues.

She said it's important for indigenous representatives to be at the negotiating table when it comes to improving aboriginal care in the province. "I think there needs to be an increased investment from the federal government to close the gap on the health outcomes," Hoffman added. "The provinces have a role to play, but so does the federal government."

JEREMY SIMES/FOR METRO



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ZOOM-ZOOM

Mentorship helps kids, mentor alike

COMMUNITY

January is the time to expand awareness of important role



Lucie Edwardson
Metro | Calgary

For Mike Orman, seeing a smile on the face of a child he mentors means he is doing his job.

Orman, who has been a volunteer mentor at Hull Services for the better part of a decade, has worked with many children and said he gets a lot out of the role.

"I get a lot of enjoyment and satisfaction out of it," he said. "I think the kids get something out of it too. I get smiles out of them and they're all very interested in learning, which makes me feel really good and I hope I make them feel good."

January is National Mentoring Month, with the goal to expand awareness of how mentors make a huge impact in the lives of children and youth.

Jacky Sanderson, mentor specialist for Hull Services, said it's important to recognize mentors in our community who're positive influences in the lives of kids who might be struggling.

"At Hull, we work with kids who are dealing with serious mental health challenges and behavioural challenges, and right now we've got 22 programs that engage about 108 mentors," she said.

"We've found through our own data analysis that our kids list their mentors as people they can talk to about their feelings, their experiences, their issues and goals."



Mike Orman, a mentor of seven years. LUCIE EDWARDSON/METRO



The outside world has no idea what these kids go through.

Mike Orman

Sanderson said they've noted significant changes in mentees' self-esteem and confidence, and are often told by the kids that their mentor helped them recognize their skills, strengths and potential.

Orman, who has travelled and lived around the world while in the horse business,

said he enjoys telling the kids about his life and the places and things he has done, but more than that he said he enjoys seeing the kids happy.

"The outside world has no idea what these kids go through and it's not their fault," he said. "If we can contribute something, anything to make them happy it's really worth it."

Orman said the relationship between a mentor and their mentee becomes very special.

"I think about them all the time, and look forward to seeing them," he said. "I think they deserve that, and I know they look forward to seeing me, too."

HEALTH

A positive text every day can keep those bad feelings at bay

Northern Albertans seeking more positivity in their lives are now able to sign up for a free supportive text-messaging program that Alberta Health Services (AHS) launched this week.

The Text4Mood program participants will receive one or two positive text messages each day with the goal of reminding people that sometimes it's OK to feel down and there are better days ahead.

The program is designed

to help people with mental health issues, including depression and anxiety, but all northern Albertans are welcome to sign up.

"One of the biggest benefits of this program is that the support is immediate and can act as an intervention while a patient is between appointments or receiving other care," said Dr. Vincent Agyapong.

Agyapong developed the program in partnership with the AHS.

"I love it," said Candace Hawco, who participated in the pilot project.

"There are days where I feel low, my phone dings and, when I look, it'll be a positive message."

"I look forward to receiving them. They're encouraging, motivating and help me keep going."

Residents can text "MOOD" to (760) 670-3130 to sign up for the program.

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COURT

Ontario brewer battles Alberta price markup



Ryan Tumilty
Metro | Edmonton

An Ontario craft brewer won't pay the increased markups to sell beer in Alberta that the NDP government brought in October, after a judge ordered a temporary injunction against the fees.

Toronto's Steam Whistle Brewing received the injunction from an Alberta judge Monday, preventing the Alberta Gaming and

Liquor Commission (AGLC) from charging higher markups until the company's case is heard.

Alberta's NDP government changed AGLC's mark-ups in their October budget, slapping higher fees on beer from large brewers like Molson and Labatt to help craft breweries. But the government also increased fees on beer from craft brewers outside the New West Partnership, which includes Alberta, British Columbia and Saskatchewan.

That markup includes Steam

Whistle's beer.

The markup on craft beer from outside the province is now \$1.25 per litre (it was formerly \$0.20 per litre) and that adds about \$2.00 to the price of a six-pack.

Steam Whistle co-founder Greg Taylor said Alberta shouldn't treat Canadian craft brewers differently.

"That's not right. That's not Canadian. It shouldn't be allowed," he said.

AGLC President Bill Robinson

said the judge's decision applies only to Steam Whistle, but added they may extend it.

"We have had people asking and we're considering that right now," he said.

Finance minister Joe Ceci said he was disappointed in the court's ruling.

"Our government directed the AGLC to implement the small brewer mark-up last fall to ensure Alberta craft brewers were able to succeed and flourish in our province."



Highland School teacher **Pei Yun Toh** rehearses a play with some Grade 1 students on Wednesday morning.

JENNIFER FRIESEN/FOR METRO

Ringling in the Year of the Monkey

CHINESE NEW YEAR

Calgary pupils celebrate traditions with school plays



Aaron Chatha
Metro | Calgary

Dragons, fireworks and an explosion of red — the children of Highwood School prepared for the Year of the Monkey in style with a celebratory performance at the Jubilee auditorium on Wednesday.

"Chinese New Year has a really big focus on family, on a fresh start — clean the house, clean your head, get everything geared up for a new year, gather the family and regroup," said David Chantler, producing director of Trickster Theatre, who worked with the students to create the production.

Chantler said, before working on the play, he wasn't

very familiar with Chinese culture.

"We grew up with the 'made in China' image of China in my generation, but we've learned a lot," he said. "It's a collaborative process. They bring the content, and we shape it into theatre. We've learned a lot."

Highwood is one of three CBE elementary schools that offers a Mandarin bilingual program. More than 300 students from K-4 participated in the performance — which

has grown with every year.

"This is the third year the kids have done it at the Jubilee. There's just such a demand for tickets that they moved it

from other venues into this one," Chantler explained.

The production focused not only on traditions, such as scaring off bad spirits with firecrackers and the colour red, but how Chinese New Year is celebrated all over the world.

The New Year excitement kicks off around the globe on Feb. 8.

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Officers facing assault charges

COURT

Man held for drinking what turned out to be root beer

An RCMP officer who arrested a man who turned out to be carrying a bottle of root beer has denied accusations he and two colleagues unlawfully assaulted the individual.

Cpl. Kevin Halwa, 42, Cpl. Dean Purcka, 41, and Const. Drew Burchett, 50, are each charged with one count of assault dating back to an incident in Sylvan Lake, Alta., on Aug. 20, 2011.

The complainant, Levi Desjarlais, has previously testified that he was walking from one hotel to another when he was approached by Burchett in an unmarked police van.

Burchett asked what was in the bottle he was carrying

and Desjarlais testified he told the officer it was root beer and even handed it over for him to inspect it.

On Tuesday, Burchett took the stand in his own defence and said he believed Desjarlais was drinking a beer and was in violation of the Liquor and Gaming Act by having open liquor in a public place.

The officer said Desjarlais was asked to hand the bottle over but refused, and would not provide the officer his name.

Burchett was adamant that Desjarlais was not co-operative, though did admit that he even-

tually realized that the bottle was, in fact, root beer.

Halwa also testified Desjarlais would not comply with demands to hand over the bottle or give his name and said he "aggressively resisted arrest," which is why Halwa felt it necessary to deploy his pepper spray.

Both officers admitted that Desjarlais was co-operative once he was transported to the RCMP detachment in Sylvan Lake.

Desjarlais has testified he was tackled to the ground, choked, pepper sprayed, and handcuffed.

He testified that the officers never told him what he was being arrested for. Eventually, he was charged with obstruction, resisting arrest and causing a disturbance, but the charges never proceeded to court.

The Crown contends the officers used excessive force and that the arrest was unlawful.

THE CANADIAN PRESS

+ CHARGED

Facing one count of assault

- Cpl. Kevin Halwa, 42.
- Cpl. Dean Purcka, 41.
- Const. Drew Burchett, 50.



Two police officers are charged with assault after they arrested a man who was drinking root beer from a bottle.

THE CANADIAN PRESS FILE

COASTAL GASLINK

Pipeline gets two more OKs

One of the companies that wants to ship natural gas by pipeline across northern British Columbia says two more north-central B.C. First Nations have given their approval for the Coastal GasLink project.

TransCanada Corp. says the Nadleh Whut'en First Nation, west of Prince George, and the West Moberly First Nation, north of Chetwynd, have signed project agreements.

Coastal GasLink says it now has approvals from 11 First Nations communities along the length of the 670-kilometre proposed pipeline and progress is being made with the remaining First Nations groups.

Coastal GasLink president Rick Gateman says the agreements mark the beginning of continued discussion and feedback. Coastal GasLink wants to build and operate a natural gas pipeline from the Dawson Creek area in northeastern B.C. to the proposed LNG Canada liquefied natural gas export facility on the central coast, near Kitimat.

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LIBERAL GOVERNMENT

Political audits of charities wind down

The Liberal government is winding down a controversial Conservative program of political-activity audits on charities, but it won't redefine what is political — nor change how much political work a registered charity can do.

Some 24 ongoing audits will continue in an effort to address any “serious deficiencies” that are found, Federal Revenue Minister Diane LeBouthillier said Wednesday in a news release.

The Canada Revenue Agency

says 30 political activity audits have been completed under a controversial, \$13.4-million program spurred by the previous Conservative government that critics described as a political witch hunt.

As recently as November, when Prime Minister Justin Trudeau delivered public mandate letters to his new cabinet, LeBouthillier was asked to ensure that Canada's registered charities are “free from political harassment, and modernize the rules

governing the charitable and not-for-profit sectors.”

The announcement from LeBouthillier on Wednesday suggests the multimillion-dollar Conservative audit effort was a waste of time.

“The results of the political activities audit program have shown that the charities audited have been substantially compliant with the rules regarding their

10%

Per cent of resources registered charities can devote to “political activities.”

THE CANADIAN PRESS

involvement in political activities,” LeBouthillier said.

Oxfam Canada was required to change its mission statement to focus on alleviating pov-

erty rather than preventing it, because poverty prevention is apparently considered a political activity.

THE CANADIAN PRESS



Syrian refugee Haraj Kazarian glues plywood at Seatply factory in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Company makes good

CORPORATE RESPONSIBILITY

Manufacturer gives refugees jobs, life skills

When Syrian refugee Garouj Nazarian is asked how he likes working for his boss, the answer comes in choppy English — but the sentiment shines through. “So much good,” he says.

Nazarian, who's been in Canada for about a year, has been working six months at a Montreal plywood factory owned by Levon Afeyan, who fled Lebanon's civil war with his parents and two brothers in 1975.

Nazarian is one of 12 Syrian refugees among 80 employees and Afeyan intends to hire more as Canada opens its borders to thousands of refugees.

Afeyan is the boss, but he's also a pseudo social worker, overseeing a factory where immigrants from conflict zones around the world earn money for their families but also learn life skills and are paid to take French lessons.

His business, Seatply Products Inc., makes curved plywood used in chairs throughout North America.

“They need a job to have respect,” Afeyan says. “Respect is a big thing in the Middle East. A man has to be a respectable man. Without a job he doesn't have that.”

The low price of oil and the

sinking dollar have triggered many layoffs across the country but for Seatply it's time to hire.

Afeyan believes refugees are often in shock when they arrive and adds that finding a job is critical to integrating successfully.

“We have to give them time,” he says. “Let them talk about it and slowly come to the realization that ‘I am now a full-fledged Canadian. My children will become Canadian. And Canada is my new home.’”

Essential to feeling Canadian, Afeyan adds, is to start speaking English and, particularly in Quebec, French.

Starting in March, a teacher subsidized by the Quebec government will offer French lessons twice a week for free — inside his factory.

While all Canadians can't offer refugees jobs, they can help their integration by accepting displaced Syrians “not just as refugees but as new Canadians,” according to Afeyan.

He remembers what it felt like to be 16 years old and living in a new country.

“The best thing that ever happened to me is that one of my friends' parents invited me to their dinner,” he recalls.

“That was amazing. I was actually invited to someone's house for dinner. I was 16 and someone actually invited me. (Syrians) need to feel part of our society.”

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SURVEY

Canada ranked world's second-best country

The annual schmooze-fest of the rich, powerful, famous and their courtiers in Davos, Switzerland, has already produced splendid news for Canada: we're No. 2 in a new ranking of the best countries in the world.

Released at the World Economic Forum, the survey rated 60 countries across 24 categories.

Germany was first, Canada second, the United Kingdom third, the United States fourth and Sweden fifth.

The survey was prepared by U.S. News and World Report, the University of Pennsylvania's Wharton School of business and global brand consultants BAV Consulting.

Canada, the survey said, welcomes immigrants and celebrates diversity, draws some of its national identity from its expansive wilderness,

has produced a long list of accomplished writers and artists and is a high-tech industrial society with a high standard of living.

Former prime minister Brian Mulroney will be pleased to see a nod to the trade agreements of the '80s and '90s that the survey said dramatically bolstered trade with the United States.

"While the service sector is Canada's biggest economic driver, the country is a significant exporter of energy, food and minerals," it said. "Canada ranks third in the



world in proven oil reserves and is the world's fifth largest oil producer."

Canadian challenges, it said, are "the concerns of indigenous people" and the perennial matter of relations between Quebec and the rest of the country. TORSTAR NEWS SERVICE

+ 'WE TRY HARDER'

While everyone from legendary NFL coach Vince Lombardi to former U.S. president Richard Nixon have deemed finishing second in anything as worthless, it's not without its virtues.

One of the more famous advertising campaigns ever launched was Avis car

rental's 1962 rejoinder to its second-place status to Hertz.

"We're No. 2. We try harder."

In a year, Avis went from losing \$3.2 million to turning a profit of \$1.2 million, its first in 13 years. And "we try harder" was its slogan for 50 years. TORSTAR NEWS SERVICE



Researchers at the University of British Columbia's "rat casino" have found that using certain sound and light cues entice rats to become problem gamblers. CONTRIBUTED

STUDY

Rats get risky with music, lights



Matt Kielytyka
Metro | Vancouver

Even rats can't resist the thrill of the big win.

Researchers studying gambling addiction have discovered that using sound and light cues, similar to those at a flashy casino, entice rats to take greater risks.

At the University of British Columbia's "rat casino," laboratory rats poke at four buttons that give them varying odds of winning sugar pellets.

For example, the first — and

safest — option awards rats two pellets 80 per cent of the time.

Subsequent options award more pellets, but at much reduced chances of winning.

At first, researcher Michael Barrus said the rats would pick the first option 90 per cent of the time.

"They knew it was the best option because it gave them the most sugar pellets. But when you go to a casino, you're not making the best economic choices," Barrus said.

So when researchers outfitted the test chamber with flashing lights and sounds that escalated in intensity during high-stakes

wins, Barrus said approximately half of the rats started picking the highest-risk option.

"Winning was a more exciting experience for them even though they were getting less sugar," he said.

Researchers made a further breakthrough when giving rats a drug that blocked the action of dopamine D3 receptors, linked to drug additions, in the brain.

The drug had little effect on the rats that performed the gambling task without added light and sound but reduced the high-risk behaviour of those that were placed in the stimulated environment.



Prime Minister Justin Trudeau, accompanied by staff members, walks through town as he heads to a bilateral meeting in Davos, Switzerland on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Trudeau addresses rich and powerful

SWITZERLAND

PM points to brain power as a key strategy for success

Canada's new Trudeau-era economy will be as much about brain power as it is fossil fuels, the prime minister told a high-powered economic forum Wednesday as he set out to rebrand the country on the world stage.

Justin Trudeau's keynote address at the World Economic Forum in Davos was clearly meant to differentiate him from predecessor Stephen Harper, who often used the meeting to tout Canada as a resource powerhouse.

Canada's natural resources remain a vital part of the economy — even as sliding oil prices take their toll on regions like Alberta — but there's more going on north of the 49th parallel than just hewing wood and drawing water, said Trudeau.

"My predecessor wanted you to know Canada for its resources," he said. "I want you to know Canadians for our resourcefulness."

Trudeau pointed to the success of University of Waterloo graduates in Silicon Valley and the school's eclectic student

population, calling diversity "the engine of invention."

And he framed Canada as a safe place to invest amid global economic uncertainty.

"We have a diverse and creative population, outstanding education and health care systems, and advanced infrastructure," he said. "We have social stability, financial stability and a government willing to invest in the future."

That message was repeated in meetings with some of the biggest business executives of the conference, including Microsoft CEO Satya Nadella, Facebook COO Sheryl Sandberg. In an evening meeting with billionaire George Soros, the 85-year-old said he wasn't stressed about the Canadian economy, but played down Trudeau's optimism for the global economy, including Europe.

Former Liberal cabinet minister Brian Tobin, who was in Davos as vice-chairman of BMO Capital Markets, said the country didn't need to "run away" from the resource sector. Commodities, he said, are cyclical and their value will rebound.

"It always does," he said.

But the downturn in the price of oil was an opportunity to push international investments in the Canadian manufacturing sector, research and development, and high-tech,

+ REACTIONS

Not everyone was convinced by Trudeau's optimism.

■ In Canada, NDP Leader Tom Mulcair said Canadians know the country is in tough economic times, "families are suffering, there's an increasing income inequality in our country."

■ Speaking from Davos, Calgary Mayor Naheed Nenshi said he wouldn't have used the same language as Trudeau when looking at the future of Canada's economy. He called Canada's economy "resource-plus."

Tobin said.

Trudeau told the forum that governments need to spend, rather than pursue austerity measures.

"The fourth industrial revolution will not be successful unless it creates real opportunity for the billions who weren't able to join us here this week," Trudeau said in his speech that included references to the middle class.

THE CANADIAN PRESS

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Relatives of the 2014 Peshawar school victims pray during a candlelight ceremony for the victims of the Bacha Khan University in Peshawar on Wednesday. **It's estimated that 23 people were wounded, in addition to the 20 victims who lost their lives.** AFP/GETTY IMAGES

Islamic militants kill 20 at school

PAKISTAN

Concerns rise over whether police can protect state

Once again, Islamic militants stormed a school in northeastern Pakistan in a deadly attack that lasted for hours. And once again, the blood of students and teachers stained classrooms and hallways, raising questions about whether security forces can protect the country's educational institutions.

At least 20 people were killed and 23 were wounded Wednesday in the assault at Bacha Khan University in Charsadda before the four gunmen were slain and the military declared an end to the siege. Two teachers were among the dead, including a chemistry professor who was praised as a hero for shooting back at the attackers and al-

lowing some students to escape.

The university attack was grimly reminiscent of the December 2014 massacre at an army public school in Peshawar that killed 150, mostly children.

The violence shows how vulnerable schools remain in Pakistan, where extremists have sought to prevent Western-style education, especially for girls. Teenager Malala Yousafzai was awarded the Nobel Peace Prize after she was shot in the head by a Taliban gunman in 2012 because of her support for gender equality and education for girls.

Last weekend, several schools were closed after intelligence suggested militants were planning an attack, according to Muhammad Amir Rana, director of the private Pakistan Institute for Peace Studies. A spokesman for the provincial government said the schools were closed as part of a security drill.

After the Peshawar attack, the government promised to

+ CONDEMNATION

A breakaway Taliban faction led by Khalifa Umar Mansoor said it had carried out the attack. But a statement emailed to news organizations by Muhammad Khorasani, the spokesman for the Tehrik-e-Taliban, the largest Taliban group, said: "We disown, condemn the attack and term it as un-Islamic."

THE ASSOCIATED PRESS

set up a joint Intelligence Directorate, but that has not happened yet.

The military is one of the most powerful institutions in Pakistan, as is the intelligence agency, known as the ISI.

"The government is trying to develop a response but is facing capacity issues," Rana said.

THE ASSOCIATED PRESS

FLINT WATER CRISIS

Reconsider disaster status: Michigan

Michigan Gov. Rick Snyder asked U.S. President Barack Obama on Wednesday to reconsider his denial of a federal disaster declaration to address the drinking water crisis in Flint, saying its severity poses an "imminent and long-term threat" to residents.

Obama declared an emergency — qualifying the city for \$5 million — but determined it is not a disaster based on the legal requirement that additional relief is for natural events, fires, floods or explosions.

In his appeal letter, Snyder

called it a "narrow reading" and likened the crisis to a flood, "given that qualities within the water, over a long term, flood and damaged the city's infrastructure in ways that were not immediately or easily detectable. This disaster is a natural catastrophe in the sense that lead contamination into water is a natural process."

Democrats said Snyder only recently admitted the magnitude of the fiasco, at least three months too late.

THE ASSOCIATED PRESS



A resident of Flint, Mich., pours canned water into a pot so it can be boiled in preparation for cooking on Tuesday. THE ASSOCIATED PRESS

Research points to ninth planet

SPACE

Scientists say it's at the edge of solar system

The solar system may have a ninth planet after all.

This one is 5,000 times bigger than outcast Pluto and billions of miles farther away, say scientists who presented "good evidence" for a long-hypothesized Planet X on Wednesday.

The gas giant is thought to be almost as big as its nearest planetary neighbour Neptune, quite possibly with rings and moons. It's so distant that it would take a mind-blowing 10,000 to 20,000 years to circle the sun.

Planet 9, as the pair of California Institute of Technology researchers calls it, hasn't been spotted yet. They base their prediction on mathematical and computer modeling, and anticipate its discovery via telescope within five years or less.

The two reported their research Wednesday in the *Astronomical Journal* because they want people to help them look for it.

"We could have stayed quiet and quietly spent the next five years searching the skies ourselves and hoping to find it. But I would rather somebody find it sooner, than me find it later," astronomer Mike Brown, the so-called Pluto killer who helped lead the charge against Pluto's planetary status in 2006.



This rendering shows the distant view from Planet 9 back toward the sun. It's thought to be gaseous, similar to Neptune.

COURTESY CALIFORNIA INSTITUTE OF TECHNOLOGY/THE ASSOCIATED PRESS

Once Planet 9, Pluto is now officially considered a dwarf planet.

Brown and planetary scientist Konstantin Batygin feel certain about their prediction, which at first seemed unbelievable to even them.

"For the first time in more than 150 years, there's good evidence that the planetary census of the solar system is incomplete," Batygin said.

Once it's detected, Brown insists there will be no Pluto-style planetary debate.

"THIS is what we mean when we say the word 'planet,'" Brown said.

Brown realizes skepticism will exist until the planet is actually observed. History is packed with mistaken planet-seekers, he said, and so "standing up and saying we're right this time makes us almost look crazy — except I'm going to stand up and say we're actually right this time."

He couldn't resist this jab on his @plutokiller Twitter account:

"OK, OK, I am now willing to admit: I DO believe that the solar system has nine planets."

THE ASSOCIATED PRESS



There's good evidence that the planetary census of the solar system is incomplete.

Konstantin Batygin

SCIENCE

Five planets to be viewable across southern sky: NASA

People talk about the planets aligning, but have you seen real ones do it?

Assuming there is some clear weather in the coming month, early risers will be able to view Mercury, Venus, Saturn, Mars and Jupiter with the naked eye, in a string across the southern sky.

"We're talking about the five naked-eye planets ... all of them are bright enough to see," explained Randy Attwood, executive director of the Astronomical

Society of Canada.

Since they are moving their alignment will be imperfect, with their positions changing slightly each day.

NASA says the phenomenon — visible as of this week and lasting until about Feb. 20 — happens every few years when the planets' orbits take them on the same side

of the Sun.

Attwood told Torstar News Service that seeing all five planets at once is rare because they orbit the Sun at different speeds. Mercury and Venus take less than an Earth year to completely go around, while Mars, Jupiter

and Saturn take longer.

TORSTAR NEWS SERVICE

20

Early-risers will be able to see the planets lined up until roughly Feb. 20.

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SALE PRICE \$26,000 • SAVE \$6,000 List Price: \$32,000

2011 VW Touareg Comfortline 3.6L

8-Speed Automatic. 3.6L. Grey Exterior with Black Leather. Panoramic Roof, 20-inch Alloy Wheels, Navigation Package, Backup Camera. 54,542 kms. Stock# P0029

SALE PRICE \$33,000 • SAVE \$3,000 List Price: \$36,000

2014 Honda Accord Sedan EX-L

2.4L 4-cylinder engine. CVT automatic. Grey over Black Leather. Moonroof, 17-inch Alloy wheels, Backup Camera, Lane Watch system, Bluetooth, XM Radio, Dual Zone Automatic Climate Control, Heated Seats (front & rear), Remote Entry w/ Push Button Start. 31,387 kms. Stock# P0009

SALE PRICE \$22,000 • SAVE \$4,000 List Price: \$26,000

2012 Audi S4 3.0T s-tronic Quattro

Quattro AWD. 3.0L Supercharged V6 Engine. 7-speed s-tronic Transmission. Black on Black. Audi Navigation, Metallic Pearl effect Paint, Rear Parking Sensors, Memory Seats, 19-inch 5-tri-spoke Alloy Wheels, Leather, Moonroof. 94,175 kms. Stock# P0020

SALE PRICE \$32,000 • SAVE \$4,000 List Price: \$36,000

2011 Lexus GX 460

Accident free. Clean CarProof. Top of the Line luxury SUV with Off-Road Capability. Excellent Condition! 4.6L V8 Engine. Premium Package B, Leather interior, Navigation, Heated Rear Seats, 3rd Row Seating, Bluetooth, Moonroof & much more! 80,210 kms. Stock# P0017

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Former Alaska Gov. Sarah Palin endorses Republican presidential candidate Donald Trump during a rally at the Iowa State University Tuesday. MARY ALTAFFER/THE ASSOCIATED PRESS

Palin endorsement a boost for Trump

REPUBLICAN PARTY

Firebrand's support adds conservative credibility

The endorsement of conservative Republican firebrand Sarah Palin in the increasingly intense 2016 presidential race is giving billionaire businessman Donald Trump a boost against Texas Sen. Ted Cruz less than two weeks before Iowa's kick-off caucuses.

"This is going to be so much fun," the 2008 vice-presidential candidate told a Trump rally Tuesday.

Trump and Cruz are battling for the lead in Iowa ahead of the Feb. 1 caucuses there. "We're almost at the finish line," Trump said Wednesday.

Palin endorsed Cruz in his 2012 Senate race and said as

recently as last month that he and Trump were both in her top tier of candidates, making the endorsement a symbolic blow to Cruz.

Palin slammed President Barack Obama as the "capitulator in chief." Trump, she said, would "let our warriors do their job and go kick ISIS's ass!"



I don't think she's really credible anymore.

Rallygoer Bruce Dodge

She also took aim at the Republican establishment for "attacking their own front-runner" and offered a challenge to those who have suggested that Trump, whose positions on issues like gun control and abortion rights have shifted over the years, isn't conservative enough.

Trump, in a statement, praised Palin as "a friend, and a high-quality person whom I have great respect for."

But Palin, who was expected to campaign alongside her new political ally Wednesday, did not show up at an Iowa rally. A campaign spokeswoman did not immediately respond to questions about why she was not in attendance, but said that she would appear at a rally later in the day in Oklahoma.

Palin was a virtual newcomer to the national political arena when 2008 Republican presidential nominee John McCain named her as his running mate. She has since become one of the most outspoken conservatives in the party.

Republican consultant Kevin Madden said Palin's support could help shield Trump from charges that his past positions make him too liberal to be the party's nominee.

THE ASSOCIATED PRESS

WEATHER

Crippling storm expected in mid-Atlantic region Friday

The U.S. South and East are bracing for a winter storm at the end of the week with the potential for significant snowfall, including in New York City.

The National Weather Service's Weather Prediction Center is warning of heavy, "perhaps crippling" snow in the mid-Atlantic region, including the Baltimore, Washington and Philadelphia metro areas.

Prediction centre Meteorologist Rich Otto says these bigger cities could get up to 60 centimetres of snow, but first the storm was expected to bring ice and freezing rain to Kentucky, Tennessee and Arkansas on Thursday night into Friday.

60

Centimetres of snow expected to fall in the U.S. mid-Atlantic region Friday

As the storm moves east Friday, it will bring snow to West Virginia, Virginia, Maryland and Washington, D.C. It may reach Philadelphia on Friday night and affect New York City and Long Island as it moves north.

THE ASSOCIATED PRESS

West Africa braces for more attacks

SENEGAL

Cities ramp up security in wake of recent hotel assaults

At the entrance to the King Fahd Palace hotel in Dakar, security guards inspect the trunks of every taxi at the gate, long before the vehicles get anywhere near the building itself.

After the recent attacks on upscale hotels and restaurants in two other West African capitals, no one here in the Senegalese capital is taking any chances.

The violence in Bamako and Ouagadougou underscores how danger has moved from jihadist strongholds far in the desert to

the very places where Westerners stay and eat while working in the region. In Senegal, there is a growing sense of vulnerability and an acknowledgement that security forces can only do so much.

"The terrorists have hit Mali and Burkina Faso — Senegal is no stronger than these countries," said Joseph Mendy, a bank employee in Dakar.

"If they had the chance, the terrorists would not hesitate to attack the country. Senegal must be extra vigilant."

In the part of Africa known as the Sahel, just south of the Sahara Desert, violent jihadism is nothing new. Large swaths have long been considered no-go areas for Westerners because of the risk of kidnappings for ransom by al-Qaida and others.

“Senegal must be extra vigilant.”
Joseph Mendy

Extremists ruled the towns of northern Mali for nearly a year, implementing public whippings and amputations until French forces dislodged them from power. And to the east, the Nigeria-based group Boko Haram has carried out suicide bombings in Niger, Chad and Cameroon.

But the recent assaults on hotels in Bamako and Ouagadougou mark a dramatic escalation, striking at the very places still considered relatively safe in an increasingly dangerous region.

THE ASSOCIATED PRESS



Migrants and refugees keep warm around a bonfire as they wait for a train in the southern Serbian town of Presevo on Wednesday. Subfreezing temperatures have not weakened migrants' determination to continue their journeys. DIMITAR DILKOFF/AFP/GETTY IMAGES

CENTRAL EUROPE

Deep freeze hard on migrants

Subfreezing temperatures and snow have settled over Central Europe, adding to the difficulties of migrants heading to Western Europe but not weakening their determination to continue their journeys.

Liene Veide, a spokeswoman for the United Nations refugee agency, said that some 2,000 migrants continue to cross from Macedonia into Serbia daily, even with temperatures plunging to a low of -19 C in the Serbian border town of Presevo on Wednesday.

Many of the asylum-seekers arrive without adequate winter clothing or boots and that some have pneumonia, fever

or other illnesses, Veide told The Associated Press.

Still, she said most refuse hospitalization and insist on pressing on with their journeys.

"The weather isn't stopping people; it's just making the trip more difficult," said Veide, who spoke from snow-covered southern Serbia.

"People are very determined and want to keep on their journey. This makes it challenging to provide immediate assistance."

"Even when they are sick they are not willing to stay here in a hospital."

THE ASSOCIATED PRESS

+ REFUGEE AID

Three aid agencies are appealing to European countries to help prevent sexual abuse of women and girls in refugee camps.

The United Nations refugee agency, the UN Population Fund and the Women's Refugee Commission say a field study shows women are particularly vulnerable to sexual violence and other abuse on their journey to Europe. THE ASSOCIATED PRESS

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2014 MINI Cooper Clubvan

Pepper White with Carbon Black Leatherette. Automatic Transmission, Auto Climate Control, Media Connect. Demo. 6,355 kms. Stock# M15413

List Price: \$32,760

SALE PRICE \$22,760 • SAVE \$10,000

2015 MINI Cooper 3 Door

Clean CarProof, Automatic Transmission, Blazing Red II with Black Leatherette, White Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights. 14,197 kms. Stock# MP0168

List Price: \$25,500

SALE PRICE \$23,000 • SAVE \$2,500

2015 MINI Cooper 3 Door

Clean CarProof, Automatic Transmission, Blazing Red II with Black Leatherette, White Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights. 21,741 kms. Stock# MP0163

List Price: \$25,500

SALE PRICE \$23,000 • SAVE \$2,500

2015 MINI Cooper 3 Door

Clean CarProof, Automatic Transmission, Blazing Red II with Black Leatherette, Black Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights, 17-inch Cosmos Spoke Black Wheels. 16,326 kms. Stock# MP0167

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Millennials like being own boss

WORK TRENDS

Many prefer a business to traditional workplace

Priya Dhillon, a 33-year-old with a PhD in molecular biology, has her sights set on something a lot less scientific: to own an A&W franchise.

The concept is closer to becoming a reality for her now that the Canadian burger giant is actively recruiting and helping millennials scoop up new franchises planned for urban locations, starting with Toronto.

Dhillon represents a predominant entrepreneurial trend among Canadian millennials, many of whom say they would rather be self-employed than have a traditional workplace with a boss hovering over them.

Based on a recent poll of

5,800 participants in 10 countries, media agency network ZenithOptimedia found global consumers aged 18 to 34 have a "fundamentally different approach" to achieving happiness compared to previous generations.

While baby boomers in their youth were defined as idealists with a free-spirit vibe, millennials seek to gain much more control over their lives to obtain happiness, it found.

"Most millennials told us they valued the freedom and flexibility of new ways of working. Inspired by their peers, including tech entrepreneurs like (Facebook founder) Mark Zuckerberg, many see running a business they are passionate about as their ultimate goal," says the Pursuit of Happiness study.

Another survey from Intuit shows that one quarter of millennial-age entrepreneurs have never held a full-time job prior to starting out on their own — nearly three times more than entrepreneurs ages 35-54.

"They want to feel empowerment," explains Rob King, director of small business at e-commerce software firm Intuit Canada. "They don't want to work 9-to-5 and they're not as risk averse as others. Plus technology is moving really fast, so they can do a startup out of their basement," he notes.

Seventy-one per cent run their businesses from a smartphone while one-quarter do so from a tablet, says the survey on the new generation of entrepreneurs.

TORSTAR NEWS SERVICE



They don't want to work 9-to-5 and they're not as risk averse as others.

Rob King, director of small business, Intuit Canada



Priya Dhillon, a millennial who is part of the leadership team in a multi-unit restaurant business owned by her parents in the GTA, photographed at an A&W in Toronto. TORSTAR NEWS SERVICE

QUEBEC

Natural gas from yogurt

A town in southern Quebec is changing the way it looks at yogurt.

Saint-Hyacinthe signed an agreement with Yoplait Liberté last week to transform expired and unusable yogurt into natural gas that it says will be able to heat municipal buildings and power a fleet of city-owned vehicles.

Brigitte Massé, the city's communications director, said a total of 6,500 metric tonnes of yogurt will be transformed over the course of one year into 375,000 cubic metres of natural gas at a city-run biomethanation facility.

Biomethanation is a process through which organic matter and waste is converted into gas after being heated at high temperatures.

"The production of that 6,500 cubic metres of yogurt will allow us to heat our two largest arenas and aquatics centre in Saint-Hyacinthe for a year with natural gas," Massé said Wednesday.

TORSTAR NEWS SERVICE

IN BRIEF

BoC keeps rate at 0.5%

The Bank of Canada is holding its benchmark interest rate at 0.5 per cent

even as it downgrades its growth outlook for the economy.

THE CANADIAN PRESS

PLUNGING LOONIE

Startups see a silver lining

+ FUNDING

American venture capitalists have helped fund some of Canada's biggest recent tech success stories.

● **Hootsuite:** \$240 million
● **Kik:** \$120 million
● **Shopify:** \$110 million

Industry watchers say the tumbling loonie is a blessing in disguise when it comes to Canadian startups and the innovation economy as U.S. venture capitalists look to make their investments go further.

While that spells trouble for snowbirds looking to travel abroad and for shoppers facing higher prices on imported goods, it presents an opportunity for foreign investors, says Steve McCartney, vice-president at Communitex, a Waterloo, Ont., startup incubator.

incubator.

"In terms of the dollar, Canadian companies would look

like they would be an excellent value for them at this point," he said.

The cheap loonie is also an advantage for startups when they're making their pitch, he said, because many of them take in revenue in American dollars but pay operating costs in Canadian currency.

And for young companies looking to compete with established players, the low loonie allows them to compete more aggressively on price, he added. THE CANADIAN PRESS

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CHANTAL HÉBERT: ON THE POSTMEDIA MELTDOWN



“Canada’s news media is undergoing the biggest journalistic fire sale of its history. It is happening under the nose of a political class that is, for the most part, content to look the other way.”

Under the guise of a migration to the digital world, Canada’s news media is undergoing the biggest journalistic fire sale of its history. It is taking place on such a scale that it might be more appropriate to call it a liquidation of information-gathering resources, and it is happening under the nose of a political class that is, for the most part, content to look the other way.

Just last week, some columnists were debating whether Ottawa lacked the gravitas one would normally associate with the capital of a G7 country. Detractors of the city that is home to Parliament will soon be able to add soulless newspapers to the list of its alleged shortcomings.

On Tuesday, Postmedia announced that the main print outlets of four of the country’s major cities — including the nation’s capital — will merge their newsrooms.

In Calgary, Edmonton, Vancouver and Ottawa, the same journalists will report to both the Postmedia and the Sun papers, with their work to be rewritten by editors to suit the style of each outlet.

For more than 100 years, La Presse was known as the largest French-language daily in North America. Since Jan. 1, it is no longer available in print except on Saturday.

The paper’s owners are gambling that as its readership moves over to its tablet edition, their bottom line will improve. But the jury is out as to what toll, if any, the shift

will take on the quality and breadth of the province’s public conversation.

The parliamentary press gallery is celebrating its 150th anniversary this year. Its make-up is a lot more diverse than when I first joined it a few decades ago.

But when it comes to reflecting Canada’s regional diversity, the trend has gone the other way with many regional news organizations leaving the Hill, and with other outlets coming to rely on skeleton crews. In the Star’s Parliament Hill bureau, there are more empty desks than actual bodies these days.

The print media is not the only casualty of this ongoing meltdown.

Mainstream commercial networks are struggling to adapt to digital viewing habits of their audience — leaving less money to devote to their

news coverage. After decades of budget cuts, Radio-Canada and the CBC are shadows of their former selves.

So far, the reaction of Canada’s political class has mostly ranged from indifference to public hand-wringing. On Twitter on Tuesday, the mayors of the cities involved in the cuts expressed regrets at the news. So did Prime Minister Justin Trudeau.

But there must be a point when the steady disintegration of the country’s fourth estate’s news-gathering and news-getting functions becomes a public-policy issue.

There will be some to actually rejoice in the notion that a shrunk news media will have less potential for digging out embarrassing stories. The corruption inquiry in Quebec and the sponsorship scandal on Parliament Hill both had their source in persistent jour-

nalism.

Less short-sighted politicians may consider that they are ignoring this crisis at their own peril. A less informed electorate is more easily manipulated and less engaged. And at a time when parties are toying with notions such as compulsory voting and more participatory democracy, is the decline in political literacy that stands to result from an impoverished information environment a desirable outcome?

On the heels of a three-year study of the Canadian media landscape in 2006, a Senate committee warned that Canada was tolerating a concentration of media ownership that most other countries would find worrisome. And it noted that the consistent depletion of these resources of the country’s public broadcaster compounded the problem.

Some take solace in the notion that Trudeau’s government is committed to reinvesting in the CBC. But a news environment dominated by one media organization — even the public broadcaster — does not amount to a healthy one.

In any event, what followed the Senate report was a decade of laissez-faire that often saw owners sympathetic to the government of the day given free rein over larger media empires, combined with ever-closer-to-the-bone cuts to the CBC.

What we have today is a weaker public broadcaster in a field of journalistic ruins, and Canada’s national fabric is the poorer for it.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

Finding the line between feminist and sensitive snowflake

John Mellish, a 55-year-old P.E.I. man, knows his media ropes.

“You’re not live, are you?” he asked when I called. A few radio shock jocks in the central U.S. had gotten to him first. So had about 25 reporters. He hasn’t turned down an interview, because talking to media fits with his plan.

“I guess it’s obvious,” I said. “I’m calling about the sign.”

John and his wife Ursula run a used-car business, Mellish Motors, and the dealership’s roadside sign has a local reputation for witticisms.

Last Christmas, it was a line about not complaining about the holidays, since “We were already fat in August.” “Not everyone shares my sense of humour,” John acknowledged.

Then last week, it held this: “Women are like snowflakes. They can’t drive.”

“It’s stupid but it’s cute” was John’s assessment. (His wife and daughter, he noted, have perfect driving records.)

But Chelsea Ling didn’t laugh. She snapped a photo of the sign and posted it to Facebook with the tag: “Well PEI friends...”

It spread quickly, garnering comments, shares and media coverage that snowballed after the Mellishes posted two more signs: “Sensitive women don’t read this sign” and “Attention drama queens, auditions for today have been cancelled.”

There was also backlash. Someone called John to threaten his life, he told the Toronto Star. On Facebook, Ling said she’s received death and rape threats.

All this controversy is not accidental. The Mellishes and Ling both actively stoked debate — if to different ends. John doesn’t use social media, but he understood as well as Ling its potential power to make private passions public. As a tool, it’s almost a given.

Ling wrote that her goal was to spark discussion about what she saw as unacceptable comments about women.

When Ursula and John followed up about the snowflakes sign, they were expecting personal attacks in order to highlight online negativity. If people were more aware of the consequences, “They might think twice before posting something about a friend or a business owner or a contractor,” John said.

Both sides have been using the media to spread their message — about sexism and what’s funny, and hate and filth on social media. Now, Ling wants to talk with John, “about all of this crazy,” she wrote. Meanwhile, the Mellishes are winding up for more backlash. Yesterday, the sign read: “Sensitive men don’t look at tomorrow’s sign!”

“You can phone back tomorrow,” John offered, “and update on that.”

THE MICROTREND: Printing your pregnancy



Can’t wait to meet your bundle of joy? Well then — don’t. Some companies have taken 3D ultrasound imaging to the logical next level: they’ve started offering 3D-printed fetus replicas to expectant families. And although the idea is off-putting to some (nine weeks into pregnancy, the printout looks somewhat ... reptilian), it’s proving popular with U.K. parents. The technology had already been used to help blind mums-to-be who can’t view an ultrasound image to “see” their child. But now it’s gaining broad appeal, despite the price tag of around \$800 Canadian. A tasteful figurine of just your baby’s face and hands, however, is a mere \$360 — and the once-before-a-lifetime moment will never come around again. SOURCE: THE GUARDIAN, PHOTO: WOLFPRI

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GRACE CODDINGTON ON RESIGNING FROM HER NEARLY 30-YEAR TENURE AS CREATIVE DIRECTOR OF VOGUE



Fairey art

Famed street artist Shepard Fairey has left his mark around the world. The book, *Covert to Overt*, compiles all the Obey founder's work since 2010 — two years after his HOPE piece played a role in Barack Obama's presidential campaign.

TORSTAR NEWS SERVICE



Our Fairey City

Toronto was the last stop on Fairey's seven-city mural tour in 2014, with the above mounted at the intersection of Queen Street and Denison Avenue. At the time, Fairey wrote about how much he loved touring the neighbourhood — and the "euphoria" he felt buying a box set of Dead Kennedys singles.



Power and Imperial Glory

In collaboration with printer Jo Watanabe, Fairey drew inspiration from American pop artist Roy Lichtenstein for this pair of large-format prints. The artist has said the latter creation was a comment on the U.S. military industrial complex.



Peace Elephant Mural

This sprawling display decorating the West Hollywood Library was more than 10 times the size of any wall Fairey had painted to that point. Given less than a week to execute the design, Fairey's crew worked 12 to 16 hours per day to complete the work.



Centrefold

Fairey initially blasted his portraits of Fugazi frontman Ian MacKaye and former Black Flag howler Henry Rollins as a massive mural of punk icons in Asbury Park, N.J. The other image, of course, memorializes late Run-D.M.C. DJ Jam Master Jay.

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Fairy tales are as old as time — nearly

MYSTERY

Fully-formed characters offer complex look at culture

Fairy tales such as Beauty and the Beast are much older than previously thought and are actually thousands of years old, academics found in research published Wednesday.

Their analysis indicates that Beauty and the Beast and Rumpelstiltskin are around 4,000 years old while Jack And The Beanstalk can be traced back more than 5,000 years.

Anthropologist Jamie Tehrani from Britain's Durham University and folklorist Sara Graca da Silva of New University Lisbon used techniques initially used in biology to study 275 Indo-European stories.

Their findings suggest folk tales existed in oral tradition long before they were put down in writing.

This backs up a theory put forward by one of the most famous fairy tale tellers in history, Wilhelm Grimm of the 19th century Brothers Grimm.

"Our results support



The Brothers Grimm have said that their fairy tales existed long before they were put in writing. AFP

Grimm's view and suggest that a substantial number of tales have existed in Indo-European oral traditions long before they were first written

down" Da Silva said.

The research appeared in the journal Royal Society Open Science.

AFP

BOOK BRIEFS

Canada Reads names panel

Olympian Clara Hughes and retired pro wrestler and actor Adam (Edge) Copeland are among the celebrity panellists for this year's "Canada Reads" competition.

Actor Vinay Virmani, social entrepreneur Farah Mohamed and entrepreneur Bruce Poon Tip are also on the panel for the annual literary showdown.

Each panellist will get a

chance to speak in support of a different book before agreeing on a winner.

This year's theme is "starting over" and will feature books about transformation and second chances.

Copeland will argue for Minister Without Portfolio by Michael Winter, Hughes has The Illegal by Lawrence Hill and Virmani's title is The Hero's Walk by Anita Rau

Badami.

Mohamed will be on the panel with Bone and Bread by Saleema Nawaz and Poon Tip will defend Birdie by Tracey Lindberg.

Wab Kinew will host the 15th edition of the program, which will air on CBC Radio One, CBC-TV and online at CBCbooks.ca, from March 21-24.

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NEW BOOK

A tale of one man's quest to accomplish more in the day

Is there one sure-fire strategy to maximize your time and energy in a given day?

Chris Bailey was so determined to find out that he turned down two lucrative job offers and devoted a year of his life to a quest for the holy grail of productivity.

In addition to his research and interviews with leading experts, the business school graduate used himself as the test subject in a series of experiments.

Bailey lived in isolation for 10 days, worked 90-hour weeks and gained 10 pounds of muscle mass.

He documented the experiments on his blog and then compiled the upsides and pitfalls of his pursuits in the book *The Productivity Project* (Random House Canada).

Bailey said there is no one-size-fits-all strategy for increased productivity. He learned that firsthand when the habitually late riser forced himself to wake up at 5:30 a.m. for three months.

"It didn't work for me, and

How to be productive



Chris Bailey, pictured here, author of *The Productivity Project*, writes you may want to cut back on checking email and reaching for that third cup of coffee if you want to be more productive. THE CANADIAN PRESS/CHRIS YOUNG

I accomplished less in that experiment than I would have otherwise," Bailey said during a recent interview in Toronto.

"I had to go to bed when I had the most energy, when I was the most productive — because I don't view productivity as how much we produce, I view productivity as how much we accomplish. The best way I found to do that while doing my

project was by managing our time, our attention and our energy."

Bailey also tried drinking only water for an entire month and found he had more energy than he had in years.

While he still drinks caffeine and said it can offer productivity benefits, he added that people should be smarter about their consumption hab-

its and not continuously rely on the stimulant.

"Being able to find that energy boost whenever you need it, when you have something important you're working on ... is something huge that you can do."

Bailey writes in his book about the benefits of assessing your Biological Prime Time (BPT) for performing one's highest-impact tasks.

"It's during your peak energy hours that you're able to bring more to whatever it is that you're doing, so that you can spend your energy wisely, in addition to spending your time wisely if you have the flexibility to do so."

A strategy Bailey has maintained is to unplug from digital devices from 8 p.m. to 8 a.m. He also suggested shrink-

ing "support tasks" that can consume considerable time, like answering emails.

"If you check them every hour — even for 12 hours — over the course of the day, that's still 12 times a day and more than enough time to keep on top of everything that you have to do."

Bailey said among the best tactics for him were those that allowed him to work "more deliberately and with intention."

"When we have more work to do than the time to do it in, it becomes crucial that we take that step back to figure out what's important," he said.

"When you only work on auto-pilot in response to whatever tasks get sent your way ... other people have control over your work."

Another of his favoured approaches is "the rule of three" — looking ahead to the end of the day to determine which three things you'd like to accomplish.

"On days where you have a ton of meetings, maybe those meetings are what you intend to accomplish — or maybe they limit what you intend to accomplish."

"Just taking that step back is something huge someone can do for their productivity."

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Author Khan draws on Muslim roots



Khan brings history, poetry, politics to her mystery novel.

MYSTERY

Fully-formed characters offer complex look at culture

Sue Carter
For Metro Canada



Every time mystery writer Ausma Zehanat Khan crosses the border, leaving her adopted home of Denver for Canada, she is always aware of her status as a Muslim woman. And whenever she turns on the news, she is reminded how vitriolic public discussion around the Muslim community can be.

"So much of that discourse is very ill-informed and uneducated on issues about what Muslims are about, what the Muslim faith is about. It's important for me to speak back to that a little bit with my characters and the stories that I'm telling," Khan says. "I don't really consider it

an agenda, but it's my experience that I'm writing about. It's about what I know, the communities that form my reality and the reality of so many people that I know."

Khan, who has her Ph.D. in international human-rights law, specializing in military intervention and war crimes in the Balkans, drew on her expertise and background for her first novel, *The Unquiet Dead* (Minotaur Books), a mystery-thriller connected to the 1995 Srebrenica genocide. It was here she introduced her protagonist, the Toronto-based Muslim detective Esa Khattak and his partner, Rachel Getty, a no-nonsense hockey-playing cop who plays the perfect foil to elegantly handsome Khattak.

The detectives return for Khan's new murder-mystery, *The Language of Secrets*, which was inspired by another true crime: the arrest of the Toronto 18, an ill-prepared group of terrorists whose plans to bomb Parliament Hill was thwarted by the RCMP and CSIS in 2006.

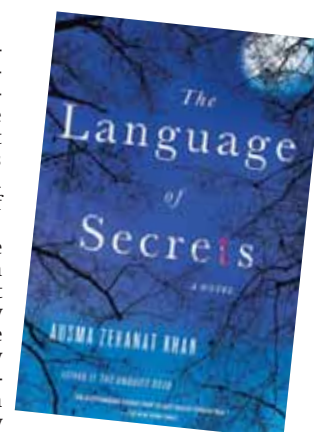
To prepare for the book,

Khan researched Islamic history and politics, jihadist websites and stacks of police materials. She also had in-house help: her husband is an expert on Islam and politics. "He's a great resource to go to and hear all the different sides of the story," Khan says.

While jihadist terrorists have become easy go-to villains, Khan believes her books stand out because there are still few fully formed Muslim characters like Khattak to be found, especially within crime-thrillers. *The Language of Secrets* is also rare in the genre because of the poetry that flows through it. From recitals of classical works to slam poetry nights, it is present throughout her story, which Khan says comes from her upbringing as the daughter of two Pakistani-Canadians who hosted recitals at their house.

Khan's love of the tradition continued when she attended University of Toronto, and would find herself in the stacks of Robarts Library, looking up titles in translation.

Beyond wanting to celebrate



and share Eastern art, Khan had another personal reason for incorporating poetry into a whodunit murder. She says, "If you look at Arab or Persian traditions, you'll see poetry is very much at their heart. I thought a very beautiful way to temper the ugliness of the jihadist ideology is also to express the beauty of those traditions."

Sue Carter is the editor at Quill & Quire magazine.

SPONSORED CONTENT

An enriched living experience

The saying, "It's not the years in your life, it's the life in your years," could be a slogan for Clover Living, an independent living and 55-plus supportive living facility that offers residents a carefree, healthy, vibrant and peaceful community experience.

Located in Chinatown, with a scenic view of the Bow River and Sien Lok Park, Clover Living prides itself on an enriched living experience, where physical and social activities are as important as in-suite comforts or meal

plans (Western and Chinese are offered).

"From the day someone moves in, we encourage activity here and in the larger community," says resident support manager Jacky Tong, pointing to activities like charity walk, legal knowledge competition or knitting club that donated hats, scarves and mittens to families at Inn From the Cold this winter. "It's important to let residents know that, even though they are aging, they can contribute and make an impact in the community."

For 80-year-old Patricia Pearce, keeping active with exercise class and knitting club are some of the benefits she's enjoyed since moving in to Clover Living a few months ago.

"There's a vitality and positive attitude among staff and residents. Everyone here is so active, whether they are reading or out for a daily walk. So far, it has been amazing," says Pearce, noting a further appreciation for the mere minutes it takes to get to the river walk or Calgary's downtown.



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"An active lifestyle promotes physical, emotional and mental health," Tong says. "Clover Living offers a happy, healthy, enriched life."

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Fearless filmmakers bring scares to Sundance

FILM FESTIVAL

Audiences may be shocked by programming lineup

Shock and awe is coming to the Sundance Film Festival, Robert Redford's annual celebration of indie cinema, which begins Thursday in Park City, Utah.

Movies seeking audience gasps as well as applause include Swiss Army Man, a bromance between a man and a corpse starring Paul Dano and Daniel Radcliffe.

There's also The Lure, a musical about a pair of pop-star mermaids who are hungry for love and also human flesh.

And speaking of unusual pairs, there are two films, Christine and Kate Does Christine, one a drama and the other a documentary, that investigate the mysterious 1974 on-air suicide of a Florida TV newscaster.

Then there's Operation Avalanche, by Toronto's Matt Johnson (The Dirties), a conspiracy movie about the Apollo 11 moon landing that threatens to rewrite history and possibly enrage scientists, space freaks and American patriots.

These and other attention grabbers are amongst the 123 features and 72 shorts Sundance will screen from Jan. 21 to 31, many of them world premieres.

Scary movies have long been associated with the Sundance: The Blair Witch Project, Saw, The Babadook and The Witch all earned their first shrieks in Park City.



The Lure, a movie about flesh-eating mermaids working as nightclub singers, is competing in the World Cinema Dramatic Competition at the Park City, Utah film fest. CONTRIBUTED

For the most part, such films have been safely confined to Sundance's Midnight program, which is similar to TIFF's popular Midnight Madness slate. This year it seems they're populating the more mainstream sections, including the dramatic and documentary competitions.

"It's true!" says Sundance festival director John Cooper, in an interview from his L.A. office before leaving for Park City.

"I think this fearlessness is coming from the filmmakers themselves. They're not worrying so much about the end success of their films, because so many of them get picked up to go on a platform that's not even theatrical, more and more. They

know that audiences are just going to find them.

"They're just not afraid to take crazy chances. This is what's in their brains and in their hearts and in their passion to tell as a story, and they're doing it without worry."

Witness the "dead guy bromance" that is Swiss Army Man, co-directed by Daniel Kwan and Daniel Scheinert, which is debuting in the U.S. Dramatic Competition. Dano plays a suicidal man stranded in the wild who befriends a corpse played by former Harry Potter star Radcliffe. It's one of the weirdest dramas ever to screen at Sundance and Cooper said comparisons to the 1980s comedy Weekend at Ber-

nie's aren't valid.

"To have Daniel Radcliffe play a dead body through a whole movie and make it interesting is just so original. You get caught up in the relationship between Dano and Radcliffe."

Another wild combo is the singing mermaids of The Lure, a film by Poland's Agnieszka Smoczyńska that's competing in the World Cinema Dramatic Competition. It stars Marta Mazurek and Michalina Olszańska as mermaid sisters who leave their watery domain to become nightclub singers and also to snack on a few patrons — although trouble begins when love suddenly intrudes.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Maybe change this show's name to Crybaby Cop

THE SHOW: *Shades of Blue*, Season 1, Episode 2 (Global/NBC)
THE MOMENT: The Crying

In her boss's bathroom, New York City policewoman Harlee Santos (Jennifer Lopez) talks by phone to her 16-year-old, Christina. Harlee just learned that Christina has snuck off to a nightclub.

"Don't drive with someone who's been drinking," Harlee says. Her eyes fill with tears. Christina can't hear her, but Harlee keeps talking anyway. "Be true to yourself," she says, crying openly now. "Someday you'll have a daughter, and she'll be the best part of your life." She slumps against the sink, overcome.

Okay, Harlee is under pressure. She, her boss Matt (Ray Liotta, scary), and their crew take bribes. The FBI caught her and made her turn rat. Matt is about to give her a polygraph. If this were the first time Harlee wept, we'd understand.

But this is episode two, and already Harlee has wept — copiously — many times. She wept in the opening scene of episode one. She wept at her daughter's school concert. She wept when the FBI caught her. So free and frequent is her weeping, this show should be called Crybaby Cop. Or maybe Shades of Boo-Hoo.

Eyes-filling-with-tears is a handy acting skill, and Lopez is clearly eager to show hers off. She also looks pretty when she cries, unlike, say, me. But given that Harlee is supposed to be a hardened, hard-ass cop, I find her crying off-putting. Did she weep during drills at the academy?

Not since Claire Danes in Homeland has an allegedly professional woman been so easily overcome on the job. Nut up, Harlee.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Weeping on demand for her role in Shades of Blue. CONTRIBUTED

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Project overview

With Street Towns by Homes by Avi, residents can enjoy the benefit of having a home, yard and a garage without the hassle of a condo board and condo fees in this redefined town-home living development. The Street Town design allows for a private backyard, which is a huge bonus for homeowners who enjoy having their own space.

In the neighbourhood

This beautiful neighbourhood features lots of greenspace with a pathway system, parks and a central water feature. In what can be a rarity these days, there is a brand new K-8 school across the street, which is currently under construction and slated to open in fall 2016. In the town of Cochrane, nothing is too far with numerous restaurants and shopping boutiques that add to the small-town charm and easy access to the mountains and Calgary.

Housing Amenities

The customer has the advantage of a private, landscaped yard, which is perfect for pets, gardens or barbecues. With the location of the Street Towns within the community, there is also access to the parks and pathways just outside the doors.

Location and transit

Located up in Sunset Ridge, Cochrane, there is no direct transit available but there are commuter options for those working in Calgary and quick access to the transit line, especially the LRT in Tuscany.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Sunset Ridge Street Towns in Cochrane
Builder: Homes by Avi
Interiors: Homes by Avi
Location: Sunset Ridge, Cochrane
Building: 9 Buildings
Sizes: 1171 sq. ft. to 1270 sq. ft.
Pricing: \$320s and up
Suites: 2 and 3 bedrooms
Status: Immediate pos-

session — only 10 opportunities left to purchase in this project
Sales centre: 9 Sun Valley Road, Cochrane
Hours: Mon to Thurs, 2 - 8 p.m.; Sat, Sun and holidays 12 - 5 p.m. Closed Fridays
Website: homesbyAvi.com
Phone: 403-536-7270
Email: SunsetRidgeST@homesbyavi.com



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Four tips for an organized home

RESOLUTIONS

Professional tips to get your place in order for 2016

There's a reason you haven't started that "get organized" New Year's resolution yet, and the reason is simple: It's an overwhelming chore.

Well, for most of us at least. You see, some people not only enjoy finding order in the chaos, but they enjoy it so much they've made it into a career. Before you forget all about your 2016 pledge, we hit up some professional organizers for their top tips.

1 Start small

If you resolved to learn to cook this year, you wouldn't start with hosting a six-course dinner party. Likewise, you don't want to kick off your organizing plan with a garage overhaul. "The junk drawer is the perfect starter project because it's a microcosm of your entire home," says New York-based organizer Jeni Aron,



Getting matching hangers is one way to create visual order in your closet. ISTOCK

owner of Clutter Cowgirl. "You can sort your junk drawer in a half-hour to an hour. And then you can move on to a bigger challenge with confidence."

2 Get a handle on your paperwork

You know those papers on your coffee table? Well, more are coming in tomorrow's mail. The good news? It's fairly simple to get a handle

on. "A quick solution is to gather all your current papers in one place and divide everything into three piles: To Do, To Read and To File," advises Debbie Lillard, author of *A Mom's Guide to Home Organization*. "If unopened mail is included in that pile of paperwork, open it and discard envelopes and excess materials. Then tackle one pile at a time until you are

caught up. Just having it all in one place will make you feel more in control."

3 Confront the closet

More than any other space, closets are prone to becoming cluttered, daunting pits. "If you haven't worn something in a year, you probably won't wear it again," says New York-based organizer Aly Finkelstein, of Organized by

Aly. "Scan your closet and then bag all of your unwanted clothes for either resale or, preferably, donation." While you're in there, she says to replace those warped, mismatched, clothes-snagging hangers — it's the new year, after all.

4 Think digital

Organizing isn't limited to your physical space these days. You know all of those pictures floating around in your email and text messages? Rescue them before they float away into the digital ether. "Organizing last year's digital photos is the type of project you can accomplish in an afternoon," says Philadelphia-area professional organizer Crystal Sabalaska, owner of Cluttershrink. "Search by year, select those you want to print and then file everything away in dated folders." Next up? The owner's manuals to your electronics. Sabalaska suggests rounding them up, deciding which ones are important to keep then filing away by room.

MONICA WEYMOUTH/FOR METRO IN NEW YORK

IN BRIEF

Pull up a chair for season 2 of Ellen's Design Challenge

For most of us, the word "chair" probably brings to mind a single, universal image.

But the fact is, the range of furniture is limitless and ever-growing, always inspiring further innovations. Anyone doubting that is welcome to tune into *Ellen's Design Challenge*, which returns for its second season Monday at 9 p.m. EST on HGTV.

The second year of the design competition will showcase 10 candidates who will sketch, design and build innovative furniture with the hope of outlasting their rivals and, at the end, receiving the \$100,000 prize. On every episode, these competitors will face new design challenges as each is paired with an expert carpenter to fulfil that week's assignment.

"It's got the drama of their having to come up with ideas while trying to make a deadline," says DeGeneres, who will make the occasional surprise appearance. AFP

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Neighborhood amenities include parks and community recreation facilities. The Marlborough Mall and the Sunridge Mall are located nearby.

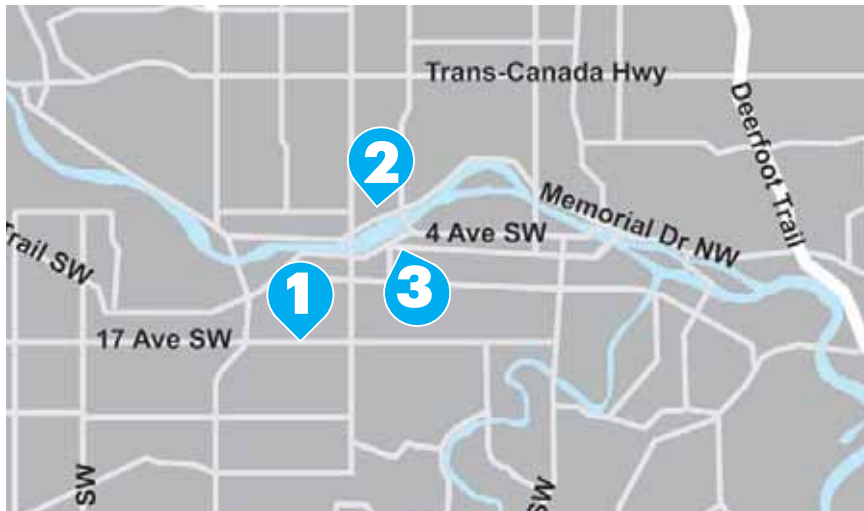
Features: Wall-to-wall carpet and window coverings, Ceiling fans, air conditioners in some suites, some upper floor suites feature spacious rooftop decks, In-suite washer and dryer hook-up, In-suite storage, Intercom security system, Underground heated & surface parking available, On-site management & maintenance staff

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REAL ESTATE

What's hot on the market



KRISTA SYLVESTER/FOR METRO

1 NOW SELLING

1741 BY TRUMAN: Currently under construction at 1741 26 Street S.W. Calgary, this 56-unit development is scheduled for completion in June 2016. Sales for available units range in price from \$355,288 to \$547,485. The presentation centre is located at 105 19th Ave N.W.

2 STILL SELLING

916 Memorial by Sable Developments: These unique 37-unit ReNew condos are perfectly located across from Peace Bridge in Sunnyside. One-bedroom units from the \$200,000s; two-bedroom suites in the \$300,000s. Show suite at 916 Memorial Dr. N.W.

3 NOW SELLING

Avenue by Grosvenor and Cressey Development Group: Riverside homes with views in the West End starting at \$330,000. These beautiful units include a parking stall and a storage locker. Presentation centre and two display suites are located at 1037 5th Ave. S.W.

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Access to the downtown core of Calgary is by Crowchild Trail and is approximately 20 minutes by public transportation.

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5 WAYS TO WARM UP YOUR HOME

Welcome to winter, friends. Although the season “officially” kicked off a month ago, this is when it starts to get real. Our cabin fever strategy? Brighten up your igloo and invite the sunshine in with these cheery accents.

MONICA WEYMOUTH/FOR METRO NEW YORK



1 Flower power

Iconic Finnish design house Marimekko serves up smiles aplenty with this laminated fabric tray. marimekko.com.



2 Touch of trellis

A citrus-hued couch might not be a wise investment. But a pop-colour Ikea rug can transform a room without breaking the bank. ikea.com



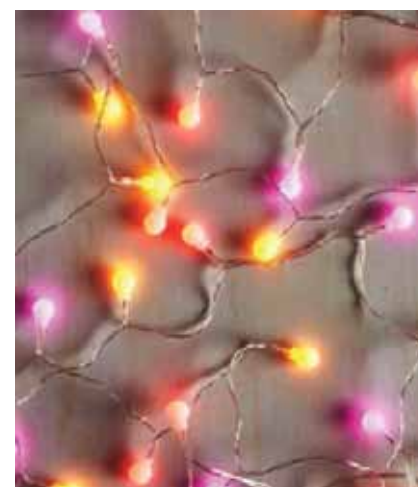
4 Mellow yellow

What's for breakfast? Adorable kitchenwares from Crate & Barrel's bright new collection. crateandbarrel.com



3 Cozy up with some tea

CB2's megawatt teapot would make the Mad Hatter proud. cb2.com



5 Let light in

The holidays are over, yes. But you can still get your glow on with these any-season string lights. modcloth.com.

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METRO SPACES

RENOVATE RATHER THAN RELOCATING

With declining housing prices and the threat of rising mortgage rates, trading up an existing home for a larger one may not be in the cards.

As a result, homeowners are choosing to renovate their houses, rather than relocating. In fact, it was recently revealed that renovation spending in Canada reached a record \$68 billion in 2014, outpacing spending on new home construction. While the hunt for more square footage can be challenging, homeowners shouldn't feel like a costly second storey or complete addition are the only options.

Here are a few ways to create or optimize space in your existing home:

Finish the basement

This one renovation holds limitless potential and can increase the resale value or income potential of your home. Think about the possibilities: a home theatre, office, spare bedroom,

basement apartment or recreation room. The key to doing it successfully is to focus on what's behind the walls, especially since moisture is a common issue in basements. Choosing the right insulation is critical. Look for products that are vapour permeable, dimensionally stable, mould and moisture resistant.

Remove non-load-bearing walls

Homeowners have the opportunity to rethink the layout of their home by removing non-load-bearing walls. Removing structurally unnecessary walls can make your whole home feel larger and improve the flow, lighting and function of liveable space.

Create an open-concept feel with light and colour

If your home wasn't blessed with towering windows, installing French doors and pot lights



ISTOCK

can encourage light to travel more freely, creating the illusion of space. Likewise, choosing a paint colour for walls, trim and moldings that is lighter and cooler in tone (think soft grays or blues) will help to reflect light and give the room a more open feel.

Convert your garage

For many homeowners, the garage becomes an overflow room for storage — and is often a walk-in headache. Instead, convert it into another living space, like a guest bedroom or home office. Install carpet and quality thermal insulation.

It's what's under your feet that counts



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Want a great home? Start with a fantastic floor.

"A great floor is the basis of a beautifully designed home — it's the major building block for the look and feel of your home," says Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

Every home and the spaces within it have different purposes, so flooring should not be a one-size-fits-all decision, Sangster explains.

Calgary Flooring Designs carries high

quality custom flooring of all kinds, including hardwood, engineered hardwood, carpet, laminate, and tiles. Walk into the store and you'll find one of the largest selections of flooring in the city, with a wide variety of brands to choose from.

"We recommend that everyone who is looking for flooring consider several factors in their floor-buying, including whether you have kids, how much traffic there will be, how much maintenance you're comfortable with, whether

you'll be accommodating pets and the look you're going for," says Sangster. "All these will help guide your choices."

Options at Calgary Flooring Designs range from durable, easy-to-clean laminate for your traffic-heavy kitchen to natural cork for your bedroom, to provide heat and sound insulation, a comfortable feeling underfoot and a stylish wood grain look. The knowledgeable staff at Calgary Flooring Designs help customers find the right flooring for them.

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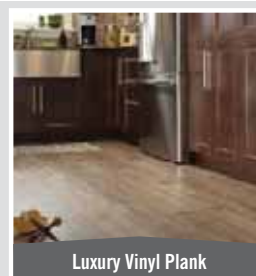


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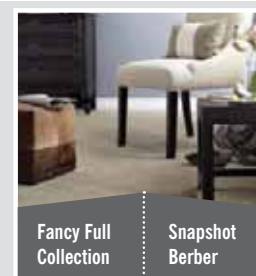


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Personalize the most important furniture

A mattress shouldn't be taken lightly. It's the household item you depend on most to maintain great quality of life, according to Charlie Gouldsbrough, owner of Simmons Mattress Gallery in Calgary.

"A mattress that's exactly right for you will help you get a good night's sleep every night, and that's the basis for great quality of life," says Gouldsbrough. "Our most important goal when we're helping a client is to help them find that great night's sleep."

Rather than offering mattresses pre-made off the shelf, or out of the warehouse on discount, Simmons Mattress Gallery offers made-to-order mattresses that are constructed to each client's specifications, right in Calgary.

People come in many different shapes, sizes and sleeping styles, so the selection of mattresses at Simmons Mattress Gallery reflects that. Clients can view and test out a wide range of different sizes, technologies, materials, styles and prices available, and make an informed decision.

The knowledgeable staff help clients assess and select the best mattress for their comfort and budget, giving each person

who walks in the door personalized assistance. The store's one-on-one approach has paid off. The family-run Simmons Mattress Gallery in Calgary has been the city's source for reliable, quality mattresses for more than 16 years.

Simmons Mattress Gallery offers complete service, so that clients can walk into the showroom, decide on a great mattress, order and have it manufactured and delivered within the week.

Their delivery service, which specializes in moving furniture and bedding, will deliver quickly, with care and professionalism. The full-service delivery is flexible to buyers' needs and schedules. Your mattress will be delivered to and unwrapped in the right room of your home, on the schedule of your choosing.

"Our clients have come back to us over the years because, not only are we the mattress experts in Calgary, it is absolutely our first priority for customers to feel great about their purchase, and ultimately get a great night's sleep."

Simmons Mattress Gallery is located at 7145 11 Street SE in Calgary. Find the store online at agoodnightsleep.ca.



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Opportunity is knocking louder

When the City of Calgary first launched its Attainable Homes initiative, it had a problem: the story was perceived as far too good to be true.

A company that sells well-priced designer homes...and throws in the down payment? Yeah, sure. Yet despite its built-in barrier of belief, this progressive non-profit has been steadily turning skeptical Calgary renters into wide-eyed home owners for half a decade.

Now that Attainable Homes has become a household name, a new problem exists: keeping up. Whether browsing new inventory at AttainYourHome.com or attending info sessions at the company's downtown headquarters, more and more Calgarians are turning to Attainable Homes to break out of the rental rut once and for all. This surge in interest has prompted the small non-profit to find more ways to meet demand.

"We're always looking for ways to help

people move through our program more efficiently," says Attainable Homes sales and marketing manager Tara Cooney. "Our new sales centre and extended operating hours are geared toward providing greater convenience and accessibility to Calgarians."

Until recently, the central Attainable Homes office across the river from Kensington served as its only sales centre. Prospective homebuyers can visit this space to educate themselves, speak with a representative, view swatch samples and floor plans, and make life-changing decisions. This location — an unused city property — makes financial sense to the small nonprofit. According to Cooney, however, it isn't keeping pace with the growing number of aspiring homeowners.

"We've heard time and again that our downtown location and limited hours of operation weren't very convenient for many working Calgarians," says Cooney. "We've



CONTRIBUTED

decided to open a second sales centre at Orchard Sky — one of our actual show suites."

"The great thing about our new Orchard Sky sales centre is the added benefit of our customers being able to walk through the homes themselves once they're there. Trust me: running your hands along a Caesar stone countertop and walking through spacious, well-lit rooms is far more compel-

ling than flipping through photos and floor plans."

Located at #7103 – 302 Skyview Ranch Dr. NE, the new Attainable Homes sales centre and show suite is open from 2 p.m. to 8 p.m., Monday to Thursday, and noon to 5 p.m., Saturday and Sunday. In addition to viewing the new show suite, visitors can tour through the homes on location.

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Show suite now open at #7103 – 302 Skyview Ranch Drive NE | Mon-Thurs 2 to 8pm | Sat + Sun 12 to 5pm

"I think it poses an existential threat to the very fabric of what sports is about": Andre Agassi on the alleged match-fixing scandal in tennis

Nguyen finding his resolve

FIGURE SKATING

Teen inspired by his dad — a Vietnamese refugee

It hasn't been an easy season for Nam Nguyen.

He's going through another growth spurt that has thrown his skating slightly off-kilter. He's feeling the pressure of defending his Canadian title against a field that once again includes Patrick Chan. There have been days, the 17-year-old says, where he's wanted to quit.

But Nguyen draws on resilience learned from his father Sony, who was among the hundreds of thousands of Vietnamese refugees who fled by boat to escape the country's Communist tyranny in the 1970s and '80s.

"He's so brave," Nguyen said of his dad. "I'm very happy that he's my father. He's taught me to become very strong."

"Sometimes he'll compare my problems to his problems and that will make my problems look like nothing," he added, laughing.

Sony Nguyen made the harrowing 500-kilometre trek to Malaysia in 1987, one of 149 people stuffed into a boat just

10 metres long. There was no room to walk. They sat, legs stacked upon one another like kindling, holding on while the rough South China Sea knocked them about.

They were attacked by pirates who took their food, water and belongings and what little money they had. The pirates raped several of the female passengers before leaving them adrift with nothing.

They were eventually rescued by a passing freighter, and taken to the Pulau Bidong refugee camp in Malaysia.

"At that time I said, 'Yes, we are alive,'" Sony said. "When I escaped my country, we had to realize we leave or we could die. It was very frightening ... right up until I put my foot down in Malaysia."

Sony lived in the refugee camp for nearly a year before a Canadian sponsored him to move to Ottawa. Nguyen would send for Nam's mom Thu, a doctor in Vietnam, a year later.

"It was very difficult," said Nguyen, a computer scientist in Toronto. "Life, it's not easy, but we have to stand up and move on and fight for it. And that's what Nam has been trained for."

Nam and his dad were gripped by recent images of Syrian refugees, and their own harrowing escapes. Because Toronto's Jewish community came to the aid of the Vietnamese years ago, Nam recently spoke at the Holy Blossom Temple to ask the two communities to work together to support Syrian refugees.

"I feel really, really sorry for those people," Sony said. "They have been through what I went through, they sacrificed their families and their lives to come to Canada.... I told Nam,

"That's what dad has been through.' Nam is very proud of the family."

Sony enrolled Nam in hockey at the age of four. The two are big Vancouver Canucks fans. He started figure skating at five, and quit hockey at eight when he won the Canadian juvenile figure skating title.

Nam has captured a national title at every age group and won the world junior championships in 2014.

He was fifth at the world senior championships last spring.

He's the defending champion this week at the Canadian

figure skating championships in Halifax. Sitting in a lounge at the Toronto Cricket, Skating and Curling Club after a recent practice, Nam said his season has been a tough one.

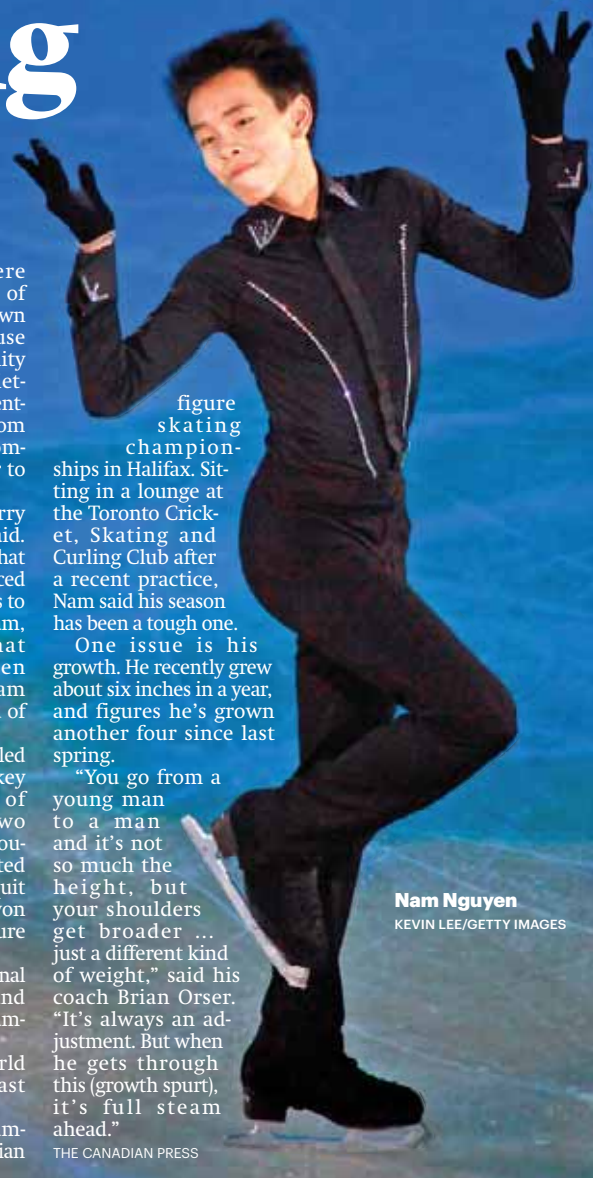
One issue is his growth. He recently grew about six inches in a year, and figures he's grown another four since last spring.

"You go from a young man to a man and it's not so much the height, but your shoulders get broader ... just a different kind of weight," said his coach Brian Orser. "It's always an adjustment. But when he gets through this (growth spurt), it's full steam ahead."

THE CANADIAN PRESS

“He’s taught me to become very strong.”

Nam Nguyen on his father, Sony



Nam Nguyen
KEVIN LEE/GETTY IMAGES

STAMPEDERS

Rogers finds new home in San Fran

CFL receiving yards leader Eric Rogers has signed with the NFL's San Francisco 49ers.

Rogers confirmed the signing on his Twitter account.

The Calgary Stampeders released Rogers, who was scheduled to become a free agent on Feb. 9, earlier Wednesday so he could make the move.

"Eric has an agreement in place with an NFL club and we are granting him his release in order to allow him to sign a contract immediately rather than waiting until February," Stampeders general manager John Hufnagel said Wednesday in a release. "We wish Eric the best of luck and thank him for his contributions to the Stampeders."

1,448

Rogers led the league last year with 1,448 receiving yards and had 87 receptions and 10 TDs.

"I would like to thank everyone who works for the first-class organization that Calgary is," said Rogers.

"I thank all of my teammates from the past two years and have nothing but great memories of my time with them. I also want to thank the fans for their support and the members of the media." THE CANADIAN PRESS

UFC

CM Punk one step closer to securing opponent for debut

No stranger to calling out opponents from his days in the WWE, Phil (CM Punk) Brooks watched with interest as novice MMA fighter Mickey Gall pointed the finger at him.

Brooks, who has been in training for his UFC debut since signing with the promotion in December 2014, says Gall was smart to call him out at a regional show in November with UFC president Dana White in the audience.

"I'm an unknown and everybody kind of wants to cash in that Powerball ticket," Brooks

said. "I'm like a human sexy trophy that everybody wants to win. So yeah, I think it's a wise decision by him. He had Dana front row for it, so he had the right audience and it's gotten him this far. So bully for him."

Gall's move was captured on video on White's "Lookin'

for a Fight" web series. "Hey Dana White, I don't know

if CM Punk has an opponent, but I would love to fight that man CM Punk," Gall said in the cage after winning his pro debut. White subse-

quently signed the 23-year-old welterweight, matching him against Mike Jackson (0-0) on the undercard of UFC 196 in Las Vegas. Should Gall (1-0) win Feb. 6, he will get his fight with the former pro wrestler.

Brooks is happy to move one step closer to an opponent.

"It gives you more purpose in everything you do every day and you focus in on something. So it helps," he said.

The 37-year-old Brooks, a Chicago na-

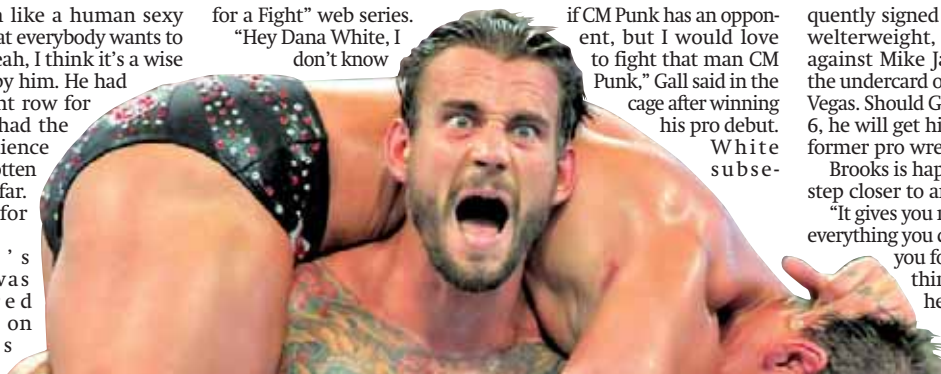
“

I'm super-anxious to get going.

Phil Brooks

tive, has been honing his MMA skills in Milwaukee under trainer Duke Roufus.

Brooks had his training derailed for two months in the fall by a shoulder injury, but he says he feels "100 per cent stronger" than he was a year ago — "in all aspects." THE CANADIAN PRESS



IN BRIEF

Real Madrid still top of soccer's money table

Real Madrid is soccer's biggest moneymaker for the 11th straight year to stay top of Deloitte's Football Money League. Despite winning no trophies last season Madrid's revenue was 577 million euros (\$628 million US) in the 2014-15 season.

European and Spanish champion Barcelona regained second place by generating 560.8 million euros. THE ASSOCIATED PRESS

Patriots LB Fleming saves woman after car accident

New England Patriots linebacker Darius Fleming had a natural reaction after kicking out the window of a smoking car to help a woman escape.

He worried that coach Bill Belichick was going to be angry with him for the cut on his leg.

Fleming says the notoriously dour Patriots coach was OK with it. Fleming received 22 stitches in his right calf and played in Saturday's victory against the Kansas City Chiefs.

THE ASSOCIATED PRESS

More heat for Bolts' Drouin

Tampa Bay forward Jonathan Drouin was suspended indefinitely without pay by the Lightning after his failure to report for Wednesday night's game between the Syracuse Crunch and the Toronto Marlies.



Jonathan Drouin
GETTY IMAGES

Drouin was assigned to Tampa's minor-league affiliate in Syracuse, N.Y., on Jan. 2. Vice-president and general manager Steve Yzerman announced the suspension Wednesday evening. THE CANADIAN PRESS

Local Leman in title hunt

SKI CROSS

Calgarian on home snow as he chases first crystal globe

Brady Leman estimates he's logged hundreds of runs at Nakiska Ski Resort while growing up in nearby Calgary. One at age 12 was particularly memorable for him.

"One of my earliest memories as a kid skiing here was getting my pass pulled for skiing too fast at a kid's camp," Leman said Wednesday at the resort. It was a sign of things to come. No one will red light Leman at the Audi Ski Cross World Cup starting Friday at Nakiska. The faster the better as Leman chases the season's World Cup overall title in men's ski cross.

The 28-year-old has stood on the podium in four out of seven races this winter, but is still looking for his first win of the season. Leman trails overall leader Jean-Frederic Chapuis of France by 60 points.

"I've found a lot of consistency this year and I've been able to put myself in the mix every race so far," Leman said.

"Winning a crystal globe would be a huge, huge accomplishment. No Canadian male has ever won one for Canada. Taking that home at the end of the season would be a dream come true." Montreal's Chris Del Bosco is 71 points back of Leman in third. Del Bosco, 32, won the first two races of this season in Montafon, France and Val Thorens, France.

Leman finished second in the overall World Cup ski cross standings in 2011-12. He



Brady Leman races to second place during the FIS Freestyle Skiing World Cup Ski Cross last March in Megeve, France.

LAURENT SALINO/AGENCE ZOOM/GETTY IMAGES

made the Olympic men's four-man final in 2014, but was beaten by three Frenchmen including gold medalist Chapuis.



Brady Leman
GETTY IMAGES

The Canadian Olympic Committee and Slovenia launched a joint protest claiming the French team altered the shape of the athletes' ski pants for better dynamics. The appeal was denied.

Leman and Del Bosco are among 15 Canadians entered in Friday's qualifying rounds at the ski resort west of Calgary in Kananaskis country.

Reigning Olympic champion Marielle Thompson of Whistler, B.C., is chasing back-to-back victories after her win Sunday in Watles, Italy. "I definitely like being here in Nakiska," Thompson said. "It helps that I've won the past two years. Gives me the confidence I need to hopefully

No Canadian male has ever won one for Canada.

Leman on a crystal globe

dominate this weekend."

Thompson, 22, hoisted the women's crystal globe in both 2012 and 2014. Last season ended early for her at February's world championship, where her knee connected with a competitor's during a race. Thompson sustained ligament damage, but bounced back winning the season-opener in Montafon. "My knee is good," Thompson said. "It was tough being off last season, but I've come back strong."

Her teammate and Olympic silver medallist Kelsey Serwa of Kelowna, B.C., is also in the field for the lone Canadian stop on the 14-race World Cup circuit.

THE CANADIAN PRESS

IN BRIEF

Veteran Riders QB Durant agrees to new contract

Quarterback Darian Durant has agreed to a new deal for 2016 with the Saskatchewan Roughriders. Durant signed a multi-year contract extension with Saskatchewan after leading the club to just

its fourth Grey Cup title in 2013 but has been hampered by injuries the past two seasons.

Durant injured his elbow in 2014 before rupturing his left Achilles tendon in Saskatchewan's 2015 season opener. THE CANADIAN PRESS

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RECIPE Roasted Chicken and Chickpea Tray Bake



PHOTO: MARY VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada



- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.
2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.
3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.
4. Bake for 20 to 25 minutes.
5. Serve with a dollop of the spiced yogurt.

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The cool yogurt topping is the perfect complement to this Moroccan-spiced chicken tray bake.

Ready in

Prep time: 10 minutes

Total time: 35 minutes

Serves 4

Ingredients

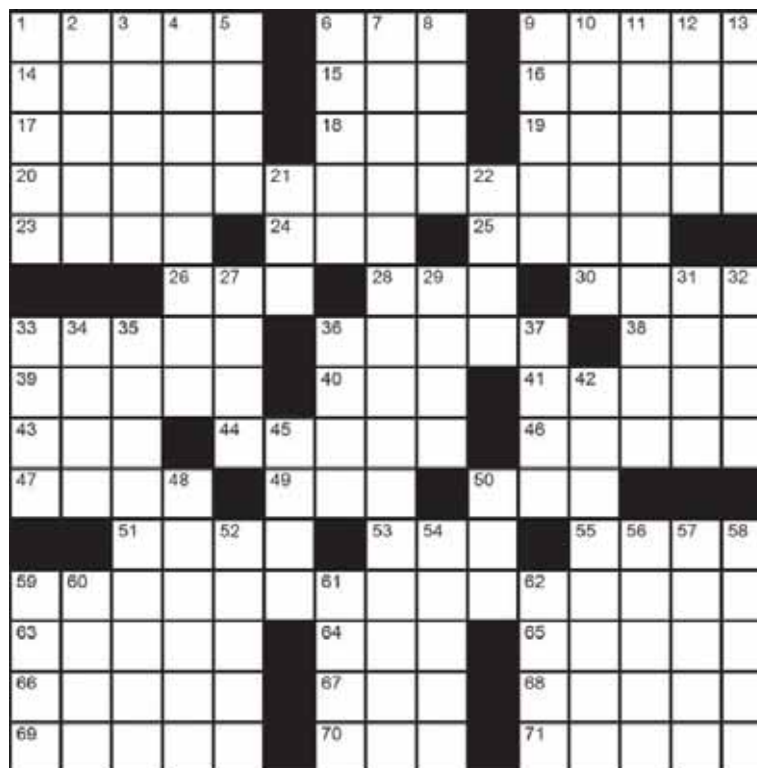
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Just Between You ___" by April Wine
6. PIN-inputting spot
9. Sounded satisfied
14. "Rio" band, when doubled
15. Alphabetic trio
16. Stock
17. "Give ___" (Try)
18. Marci of "Canada AM" on CTV
19. Hagar the Horrible's wife
20. 1885 + Louis Riel + North-West Rebellion + Regina Courthouse = What?: 3 wds.
23. "Saturday Night Live" alum Horatio
24. 'Legal' suffix
25. Poet's 'previously'
26. "Am ___ brother's keeper?"
28. Female pronoun
30. Snake-looking fishies
33. "Dave" (1993) star Kevin
36. In the least: 2 wds.
38. Theatre seating area
39. More pleasant
40. Li'l loudness
41. Classy theatrical show
43. White House nickname
44. Small boat
46. Elated
47. Dick Tracy's beloved
49. School of



thought

50. Fail to keep

51. Leafy veggie

53. Positive vote

55. Faucets

59. Montreal's cruciform office/shopping complex since

1962: 3 mots

63. Outlandish

64. Gladiator's lucky number

65. "Don't Look Back in ___": 1996

Oasis hit

66. War horse

67. Morn's follower

68. Keen

69. Cattle groups

70. Born, in so-

ciety bios

71. Geological flattops

DOWN

1. Mine entrances

2. ___ Sweet (Sugar substitute)

3. Run out

4. Chatelaine or

Maclean's

5. Organic compound

6. Currency exchange fees

7. Sloan song that goes "I know that I'll be living it in Canada": 5 wds.

8. Royal Can-

adian ___

9. Biblical son of Jacob and Zilpah

10. Relaxed: 2 wds.

11. Like the cowboy's gun before the draw at sundown

12. Consequently

13. Jan & ___

21. Tina of "30 Rock"

22. Careen

27. French 'seas'

29. Fifty percent

31. God

32. Go to and fro

33. Do needlework

34. Similar

35. Canadian athlete

Patrick Chan's profession: 2 wds.

36. Hertz rival

37. "Hard Core" (1996)

42. Next to nothing payment

45. Capital of the Ukraine

48. Hallowed

50. Ms. Dawn Chong

52. The Who album: 'Live at ___'

54. Aristocracy

56. 100-eyed giant of ancient Greek mythology

57. Michelangelo masterpiece

58. Ecological stages

59. Upscale

60. Minstrel's pear-shaped instrument

61. Men Without Hats lead singer

Mr. Doroschuk

62. Lady's address

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Even if you find it hard to connect emotionally you will do so with ease over the next few days. The planets will help you empathize with those who you might otherwise find it hard to feel sorry for.

Taurus April 21 - May 21
Taking a light-hearted approach will make it easier to deal with the huge responsibilities coming your way. Don't take what you have to do too seriously — just get on with it.

Gemini May 22 - June 21
You can feel that something special is going to happen. The Sun in Aquarius will bring new opportunities your way, and give you the confidence to make something of them.

Cancer June 22 - July 23
How can you make your home life more enjoyable? Put work matters to the back of your mind and focus on family to the exclusion of everything else. Making a profit is okay but making loved ones happy is priceless.

Leo July 24 - Aug. 23
No matter how busy the past few weeks have been and no matter how desperately you need time to recover this is going to be an active day. Keep the momentum going.

Virgo Aug. 24 - Sept. 23
Do not to make any sudden changes. If you do you will only have to change them back again later on. Things may look bad but they are not nearly as bad as they seem.

Libra Sept. 24 - Oct. 23
You will be rather excitable today and the smallest thing will set you off. Don't be surprised if others, even those you are closest to emotionally, stay out of your way.

Scorpio Oct. 24 - Nov. 22
Don't panic. Your life is NOT falling apart — you are just looking at things from too negative an angle. You may be down but later on your mood and your viewpoint will be more positive.

Sagittarius Nov. 23 - Dec. 21
Friends will surprise and delight you with sudden invitations and suggestions for having a good time, so don't plan your schedule in too much detail. You must be ready to drop whatever you are doing and party.

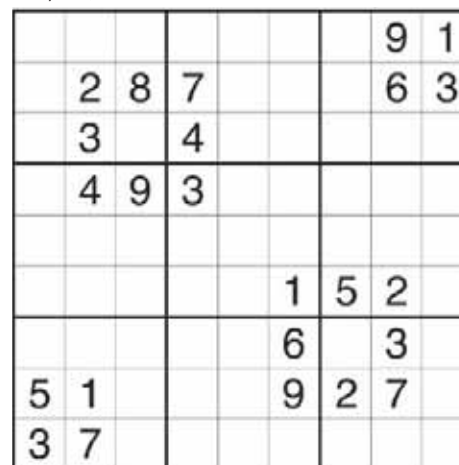
Capricorn Dec. 22 - Jan. 20
Impress employers and important people today. You have the knack of knowing the right thing to say, in the right way at the right time, and it won't be long before others are trying to impress you.

Aquarius Jan. 21 - Feb. 19
You must keep dreaming, even if so many of your dreams have failed to come true. There is every chance that what earlier seemed like a fantasy will quickly become a reality.

Pisces Feb. 20 - March 20
You could be too emotional today. Resist the urge to reply in kind to any adverse comments you receive. Count to ten before putting your feelings into words.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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